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Pictured on the front cover: Raspberry Napoleons *(page 21)*.

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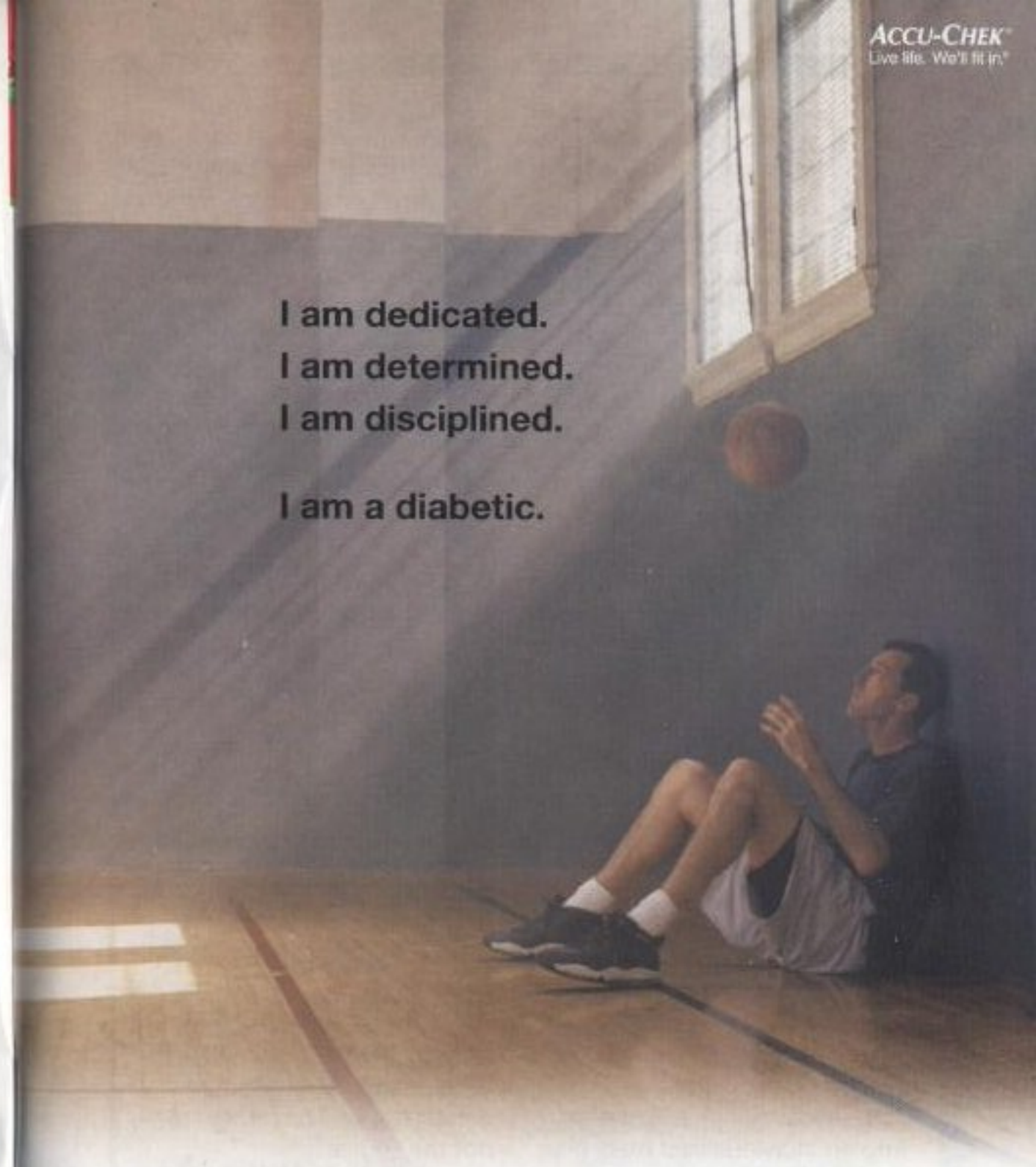

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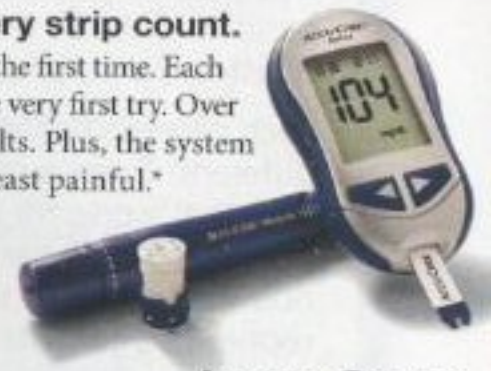

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For the Way You Live

ABOUT THE RECIPES

The recipes in this publication were specially selected for people with diabetes. All are based on the principles of sound nutrition as outlined in the dietary guidelines developed by the United States Department of Agriculture and the United States Department of Health and Human Services, making them perfect for the entire family.

Diabetic Cooking recipes are not intended as a medically therapeutic program, nor as a substitute for medically approved meal plans for individuals with diabetes. Instead, they contain various amounts of calories, fat, cholesterol, sodium, and carbohydrate that will fit easily into an individualized meal plan designed by you and your certified diabetes educator, registered dietitian, or physician.

Each person's dietary needs are different. There is no single food plan that works for everyone. That's why we have included a nutritional analysis with each recipe. Then, no matter what your dietary goals, you have the information you need to choose the recipes that are right for you.

A WORD ABOUT SUGAR

In 1994 the American Diabetes Association lifted the absolute ban on sugar from its recommended dietary guidelines. Under these guidelines, you can, for example, exchange 1 tablespoon sugar for a slice of bread, because each is considered a starch exchange. The guidelines for sugar are based on scientific studies that show carbohydrate in the form of sugars does not raise blood sugar levels more rapidly than other types of carbohydrate-containing foods. What is important is the total amount of carbohydrate eaten, not the source.

However, sweets and other foods high in sugar may also be high in fat and low in nutrients. So, the better choice between an apple and a doughnut is still an easy one to make. Sugar can be eaten in modest amounts as part of a balanced diet, whether or not the person has diabetes. When figured into your meal plan, a small amount of sugar enhances a food's flavor and texture without being harmful.

If you have any questions or concerns about the use of sugar in your diet, consult your certified diabetes educator, registered dietitian, or physician for more information.

NUTRITIONAL ANALYSIS

The nutritional analysis that appears with each recipe was calculated by an independent nutrition consulting firm. Every effort has been made by the editors to check the accuracy of these numbers. However, because numerous variables account for a wide range of values for certain foods, nutritional analyses should be considered approximate.

The analysis of each recipe includes all ingredients listed for a recipe *except* ingredients labeled as "optional" or "for garnish." When a range is offered, the first amount listed is used in the calculation. If an ingredient is listed with an option, the first item is used in the calculation. Foods shown on the same plate in a photograph and foods listed as "serve with" suggestions at the end of a recipe are not included in the recipe analysis unless they are listed in the ingredient list. In recipes calling for rice or noodles, the analyses are based on rice or noodles prepared without added fat or salt, unless otherwise stated.

Understanding Our Symbols

Like everyone, you're busy—and we kept that in mind when we selected recipes for this issue. Many of the recipes in *Diabetic Cooking* can be prepared in 30 minutes or less. Others require short preparation times followed by long cooking times.

We've also included symbols to help you more easily find those recipes especially low in fat, sodium, and carbohydrates, and high in fiber.

LOW-FAT RECIPE
Contains 3 grams or fewer of fat per serving

LOW-SODIUM RECIPE
Contains 140 mg or fewer of sodium per serving

LOW-CARBOHYDRATE RECIPE
Contains 15 grams or fewer of carbohydrate per serving

HIGH-FIBER RECIPE
Contains 5 grams or more of fiber per serving

Letters

Dear Marion,
When I go to the grocery store and pharmacy, I see lots of foods, products, and over-the-counter medicines for people with diabetes. Will these foods and products help to control my blood sugar?

Teresa F., Fair Lawn, NJ

Dear Teresa,
Thanks for the excellent question. Whether a food is designed for people with diabetes or is a "regular" food or product, the most important thing to know to control blood glucose is the total amount of carbohydrate in the food or medication. For foods, begin by looking at the Nutrition Facts on the food label. Remember that 15 grams of total carbohydrate is one carbohydrate serving, regardless of whether the food is sugar-free or contains sugar. The sugar grams are included in the total grams of carbohydrate. Many adults have 3 to 4 carbohydrate servings per meal.

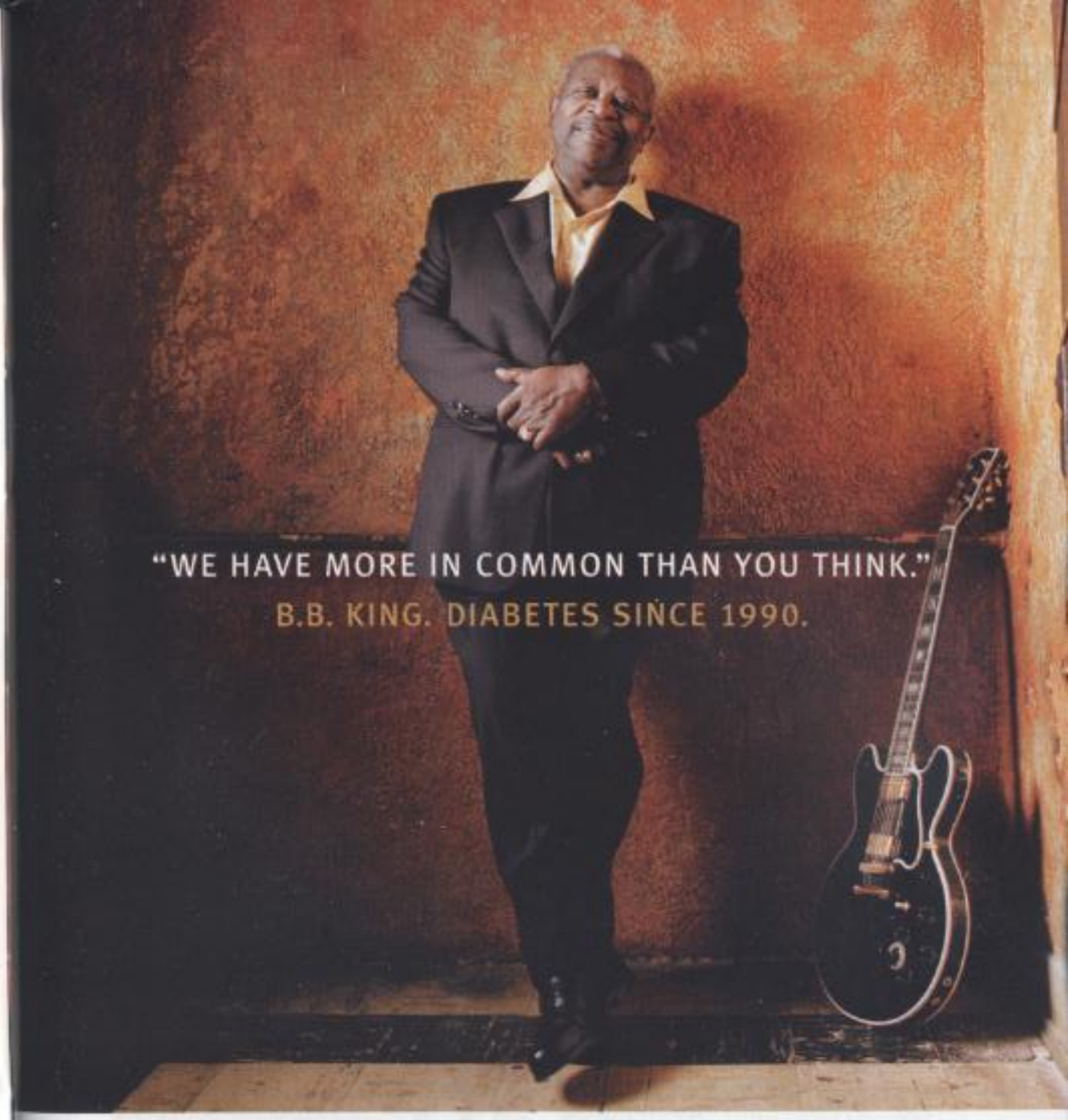
People with diabetes can also use the same over-the-counter medications that people without diabetes do as long as they follow the instructions on the label. (Your doctor may advise that a particular one should be avoided, but not because of the sugar content.) You can choose whether or not you prefer to buy sugar-free products, such as sugar-free cough syrup. The amount of sugar in a teaspoon of the regular product won't have much of an impact on your blood glucose response.

So, special foods and products or "regular," be sure to use the information on labels to decide how much to consume.

Keep up the good work. Being concerned and asking questions is the first important step for keeping your blood glucose in control.

—Marion Franz MS, RD, LD, CDE, Nutrition Concepts by Franz, Inc., Minneapolis, MN

DIABETIC COOKING welcomes your food and cooking questions. Please send letters to Letters, Diabetic Cooking, Publications International, Ltd., 7373 North Cicero Avenue, Lincolnwood, IL 60712. Or, e-mail us at DiabeticCooking@pubint.com.



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Health Wise

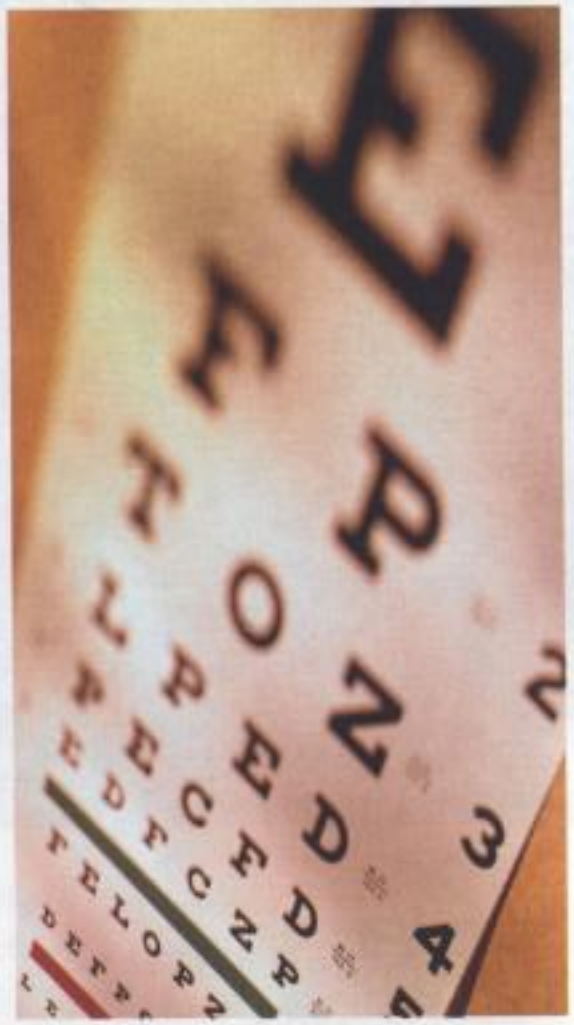
By Betsy Hornick, MS, RD, LDN

Eating Right May Help Save Your Sight

Many of us grew up hearing the frequent reminder "Eat your carrots—they're good for your eyes." It turns out this advice truly holds promise for protecting your vision.

Carrots, along with other deep-colored vegetables and fruits, are excellent sources of beta carotene, a building block for vitamin A. Our eyes use vitamin A to form a visual pigment that allows us to see in the dark. However, the potential benefits don't stop there, particularly for aging eyes.

Age brings changes that can lead to sight-robbing disorders, including glaucoma, cataracts, and age-related macular degeneration. Unfortunately, these problems can develop earlier and progress more quickly among people with diabetes. Over time, a high blood glucose level can damage the blood vessels and nerves important for vision. It can also cause structural



changes to the cornea and retina of the eye.

Fortunately, the likelihood of developing eye disease can be minimized by careful control of blood glucose, blood pressure, cholesterol, and triglyceride levels. In addition, certain nutrients also may help preserve vision as we age. These include vitamins C and E, zinc, two relatives of beta carotene called lutein and zeaxanthin, and even certain types of fats.

Macular degeneration involves damage to the macula, an area of the retina in the eye responsible for the sharp central vision needed to read, drive, and perform other daily activities. Most cases develop slowly and begin with slightly blurred or distorted vision or a blank spot in the central vision.

A cataract is a cloudy area in the normally clear lens of the eye that keeps light from passing through. Cataracts can cause blurred vision, sensitivity to light, increased nearsightedness, and distorted images. Without surgery, cataracts can lead to partial or full loss of eyesight. Glaucoma is caused by progressive damage to the optic nerve associated with elevated internal eye pressure and results in gradual vision loss.

A Feast for Your Eyes

- Good sources of **vitamin C:** citrus fruits and juices, papaya, cantaloupe, green pepper, Brussels sprouts, tomato juice, strawberries, broccoli, cauliflower
- Good sources of **vitamin E:** almonds, sunflower seeds, safflower oil, peanuts, peanut butter, corn oil, egg
- Good sources of **beta carotene:** carrots, sweet potatoes, kale, turnip greens, spinach, red bell pepper, winter squash, mangos, apricots, cantaloupe
- Good sources of **lutein** and **zeaxanthin:** kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, green peas, Brussels sprouts, carrots

Eating for Eye Health

Promising findings from various studies suggest that getting enough of certain antioxidant nutrients from foods and supplements may help protect vision. They are not considered a cure, but may play an important role in helping slow the progression of eye disease.

Two antioxidant nutrients, known as carotenoids, are actually found in the eye. Lutein and zeaxanthin are present in the macula region of the eye, where they act almost like sunglasses as they help protect

the eyes from damage caused by sunlight and other environmental factors. Lutein and zeaxanthin are found in a variety of fruits and vegetables [*see box, page 11*]. Researchers have found that people with the highest concentrations of lutein and zeaxanthin in their eyes have a significantly lower incidence of macular degeneration. The actual amounts of lutein and zeaxanthin, from foods or supplements, needed to protect the eyes are still being studied.

Findings from a large study examining the development of cataracts found that a supplement containing beta-carotene and vitamins E and C may help slow the progression of cataracts. Participants in the study were given a daily supplement, yet the amounts used in this study could also be obtained from food. Experts agree that nutrient supplements hold promise for some people, but there is plenty of evidence that eating produce-rich diets (5 to 9 servings of fruits and vegetables) may pay off in the long run by preventing eye disease in the first place.

The types of fats you eat also may play a role in your chances of developing macular degeneration. Eating foods high in saturated fats, trans fats, or cholesterol may increase risk, while omega-3 fats may be protective. Omega-3 fats are found in higher-fat fish, soybeans, wheat germ, and canola oil.

Focus first on eye protection

Although the exact causes of some eye diseases are not known, key risk factors include family history, smoking, and exposure to sunlight. Research continues to study how nutrients may aid in preventing and delaying progression of certain eye diseases. In the meantime, eye experts recommend focusing on these proven ways to protect your eyesight:

- Stop smoking.
- Eat a balanced diet rich in fruits and vegetables.
- Maintain blood glucose levels in a normal range.
- Go easy on alcoholic beverages.
- Engage in regular physical activity to improve your heart health.
- Protect your eyes from ultraviolet light—wear sunglasses that block UVA and UVB.
- See an eye doctor regularly for early detection.

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Sweet Potatoes

A diabetes-friendly food

Kitchen Nutrition

By Scott Cangelosi

Sweet potatoes are one of nature's healthiest foods. Studies consistently rank them as a superior source of nutrition—they're cholesterol-free, nearly fat-free, and contain little sodium. They're rich in antioxidants, high in fiber, and have a low glycemic index, which means they're unlikely to cause spikes in blood glucose levels.

Oddly, sweet potatoes aren't really potatoes; they're a member of the morning glory family. And to further confuse things, they're often misidentified as yams, a rough-skinned, non-native tuber that actually is more common in South America and the Caribbean.

Sweet potatoes have smooth skins that can vary from pale yellow to vivid purple. However, the type most people think of for Thanksgiving dinner—and the type available in most stores—has thin, brownish-orange skin and flesh that turns vibrant orange and remains moist and sweet when cooked.

Sweet potatoes are available year-round but are at their best from September to June. Pick firm ones with uniform shapes and an even skin tone—the deeper the orange, the more nutritional value. Refrigeration can cause them to develop a hard core at the center; instead, store in a cool, dry place and use them within a couple of weeks.

Sweet potatoes can be baked (prick the skin and bake at 400°F for 45 minutes or until done), boiled (boil 35 to 40 minutes or until done), or grilled (wrap in foil and cook 45 minutes or until done). Try mashing them with any of the following ingredients: sage, nutmeg, cooked shallots, a dab of butter, or even goat cheese. They complement most meats, smooth out soups and stews, and can be served as a raw snack for dipping. Make them part of your healthful diet throughout the year.

Sweet Potato Turkey Pie

- **1 can (24 ounces) sweet potatoes, drained**
- **2 tablespoons margarine, melted**
- **¼ teaspoon pumpkin pie spice**
- **Nonstick vegetable cooking spray**
- **2 cups cubed cooked turkey (½ to ¾-inch cubes)**
- **1 can (10¾ ounces) reduced-fat and reduced-sodium cream of mushroom soup**
- **1 package (9 ounces) frozen French-style green beans, thawed and drained**
- **1 can (2 ounces) mushroom stems and pieces, drained**
- **½ teaspoon each salt and pepper**
- **2 tablespoons crushed canned French fried onion rings**
- **1 can (8 ounces) cranberry sauce (optional)**

1. In medium bowl blend sweet potatoes, margarine and pumpkin pie spice until smooth. Spray 9-inch pie plate with cooking spray. Line pie plate with potato mixture to form a "pie shell." Set aside.

2. In medium bowl combine turkey, soup, beans, mushrooms, salt and pepper. Pour mixture into prepared shell. Sprinkle onions over top. Bake in preheated 350°F oven for 30 minutes or until hot. Serve with cranberry sauce, if desired.

Makes 6 servings

Favorite recipe from **National Turkey Federation**

DIETARY EXCHANGES:
2 Starch, 1 Meat, ½ Fat

NUTRIENTS PER SERVING:	
Cal.: 240	Cal. from Fat:.. 23 %
Total Fat:... 6 g	Sat. Fat: ..... 1 g
Carb.:..... 31 g	Protein:..... 14 g
Chol.:..... 32 mg	Sodium:..... 556 mg
Fiber:..... 4g	

Lighten Up for the Holidays

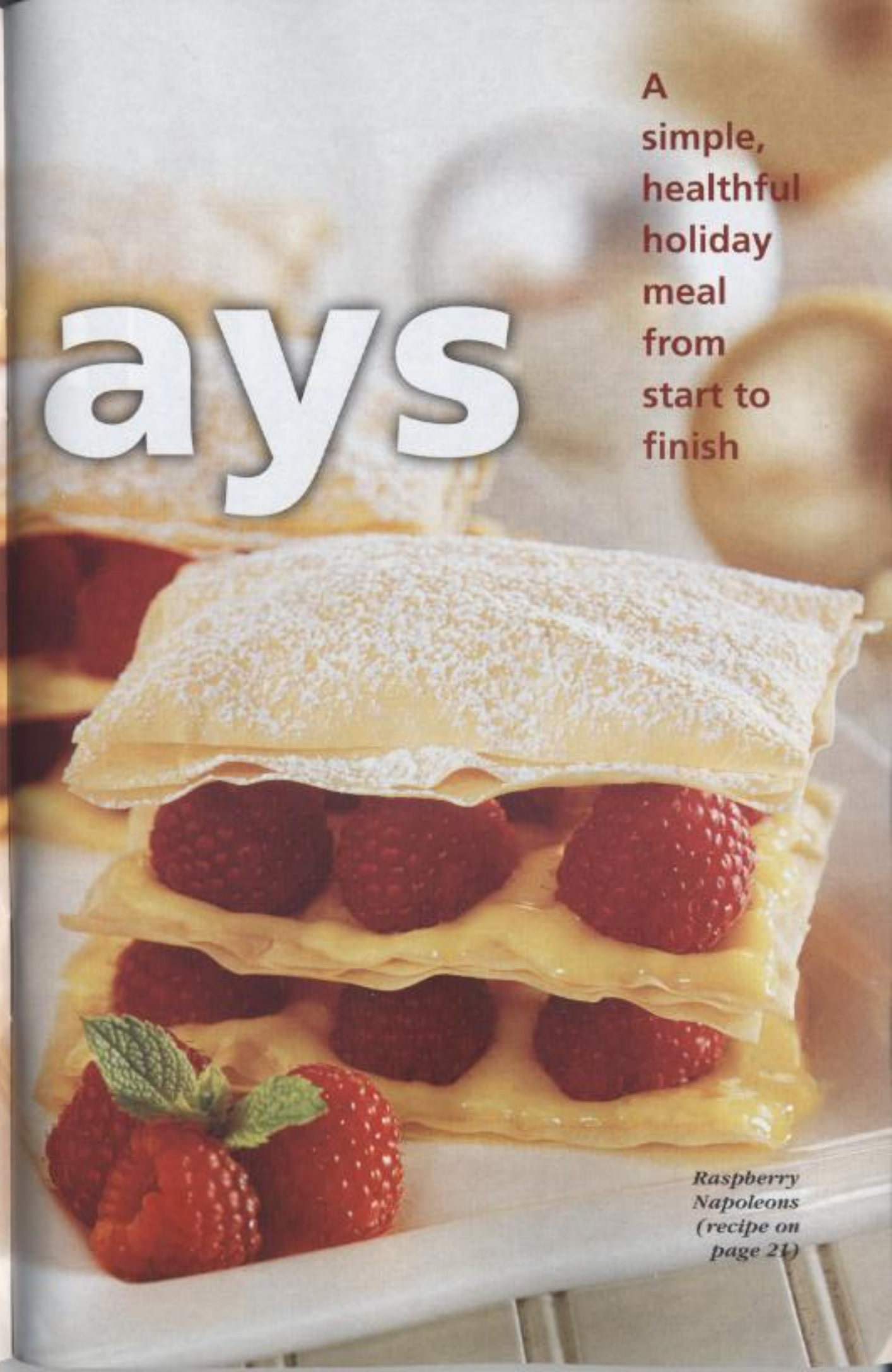
A simple, healthful holiday meal from start to finish

By Nancy S. Hughes

Sharing delicious meals with friends and family is an important part of the holidays. However, seasonal celebrations can also derail a healthful diet. Temptations abound, but with a little bit of self-control and some careful planning, all you'll gain this season are priceless memories. The following tips will help keep meal preparations organized and your diet on track.

Think ahead and have a plan

- Make a detailed shopping list. Organize the list into categories: produce, dairy, meat, frozen food, bakery, and nonperishables. Shopping from a list saves time and will help minimize "impulse buys."
- Avoid temptation by steering clear of your supermarket's holiday aisle. Everything on your list can be found on the store's regular aisles.
- Skip the fast-food drive-through lane. Instead, keep several healthful frozen dinners on hand for last-minute meals.



Raspberry Napoleons (recipe on page 21)

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NOT ME.

I'M GLAD I CHANGED MY MIND."

• Eat a healthful snack prior to food shopping or attending a party. Your wallet and your waistline will thank you.

Get everyone involved

• Have a family member do the grocery shopping for you. Send them off with a cell phone in case they have questions. This is a great way for your teenager to earn some extra holiday spending money.

• Invite family members and close friends over for an afternoon of holiday baking. Send your "helpers" home with a gift box of baked goods, and don't forget to include copies of all the recipes.

• Treat your slow cooker like an extra cook, one that doesn't need supervision. "No-attention cooking" can be a lifesaver while you're taking care of holiday details.

Protect yourself from overindulgence

• A bag of gourmet coffee beans, festive cocktail napkins, or a decorative wine bottle stopper all make a nice hostess gift—and best of all, you won't be asked to help your host eat them!

• Offer to make a side dish or appetizer when you're invited

Bring a side dish or appetizer to a party—nobody but you needs to know it's healthful.

to a party. Nobody but you needs to know it's healthful.

• Treat yourself to one small serving of the high-fat, high-calorie foods at a party and then enjoy only fresh fruits and vegetables—but stay away from the dips.

• Walk away from the serving table to carry on a conversation. You'll be less likely to absent-mindedly nibble.

• Alternate alcoholic beverages with iced tea or water with lemon.

• Send dinner guests home with a "doggy bag." They'll have something to nibble on later—and you won't have an overabundance of leftovers that need to be eaten.

• Freeze the remaining leftovers in small resealable plastic bags. Make sure to squeeze out any excess air before sealing. These controlled portions will feed you for weeks to come with the added bonus of less time spent cooking and cleaning in the kitchen.

Raspberry Napoleons

(Recipe photo on page 17)

1¼ cups low-fat (1%) milk
1 package (3.4 ounces) vanilla or French vanilla instant pudding and pie filling
1 tablespoon amaretto liqueur or ¼ teaspoon almond extract
6 sheets (about 13½×8½ inches) frozen phyllo dough, thawed
Nonstick cooking spray
2 cups fresh raspberries
2 teaspoons powdered sugar
Mint sprigs (optional)

1. Place milk in medium bowl. Add pudding mix; whisk 2 minutes. Stir in amaretto; cover and refrigerate.

2. Heat oven to 350°F. Working quickly, lay 1 sheet phyllo dough on a large work surface, longer edge toward you; coat evenly and lightly with cooking spray. Lay another sheet on top of the first; coat with spray. Repeat with another sheet, coating lightly with spray. Cut stacked dough crosswise into 6 strips. Cut each strip in half forming 12 rectangles. Transfer rectangles to an ungreased cookie sheet. Repeat process with remaining 3 sheets of phyllo dough; place onto a second cookie sheet. Bake 6 to 8 minutes or until golden brown and crisp. Remove from oven; transfer to wire cooling rack. Cool completely.

3. To assemble, spread half of the pudding over 8 of the rectangles; top with half of the raspberries. Repeat layering with 8 more phyllo rectangles, remaining pudding and raspberries; top with remaining 8 phyllo rectangles. Place powdered sugar in a strainer; shake over tops of napoleons. Transfer to serving plates; garnish with mint sprigs, if desired.

Makes 8 servings

DIETARY EXCHANGES:

½ Fat, 1 Starch, ½ Fruit

NUTRIENTS PER SERVING:

Cal.: 130	Cal. from Fat: 12 %
Total Fat: 2 g	Sat. Fat: 1 g
Carb.: 25 g	Protein: 3 g
Chol.: 3 mg	Sodium: 253 mg
Fiber: 2 g	

Seared Beef Tenderloin with Horseradish-Rosemary Cream

CARB

Seared Beef Tenderloin:

- 1 pound beef tenderloin
- 1 medium garlic clove, halved
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Nonstick cooking spray

Horseradish-Rosemary Cream:

- ⅓ cup fat-free sour cream
- 3 tablespoons fat-free (skim) milk
- 2 teaspoons reduced-fat mayonnaise
- 1 teaspoon prepared horseradish
- ¼ teaspoon dried rosemary
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

1. Preheat oven to 425°F.

2. Rub tenderloin with garlic halves.

3. Combine chili powder, salt and black pepper in a small bowl. Sprinkle mixture evenly over tenderloin.

4. Heat an ovenproof, medium nonstick skillet over medium-high heat. Coat skillet with cooking spray. Add the tenderloin and cook 2 minutes each side.

5. Place skillet and tenderloin in oven. Cook 30 minutes or until tenderloin's internal temperature reaches 140°F. Remove from oven and let rest 15 minutes.

6. Meanwhile, combine Horseradish-Rosemary Cream ingredients in a small bowl.

7. Slice tenderloin into 12 pieces. Top with sauce.

Makes 4 servings (3 ounces beef, 2 tablespoons sauce per serving)

DIETARY EXCHANGES:	
½ Starch, 3 Meat	
NUTRIENTS PER SERVING:	
Cal.: 205	Cal. from Fat: .. 39 %
Total Fat: ... 9 g	Sat. Fat: ..... 3 g
Carb.: ..... 5 g	Protein: ..... 25 g
Chol.: ..... 72 mg	Sodium: ..... 402 mg
Fiber: ..... <1 g	

Spring Greens with Raspberry Vinaigrette and Goat Cheese

- ¼ cup raspberry vinegar
- 1 tablespoon dark sesame oil
- 1 tablespoon sugar substitute*
- ¼ teaspoon ground allspice
- ⅛ teaspoon red pepper flakes
- ⅛ teaspoon salt
- 4 cups packed Spring greens (about 4 ounces)
- ½ medium pear, unpeeled, sliced (about 3 ounces)
- ½ cup red onion, thinly sliced (about 1 ounce)
- ¼ cup dried, sweetened cherries
- 2 ounces goat cheese, crumbled

1. Combine vinegar, oil, sugar substitute, allspice, pepper flakes and salt in a jar. Secure lid. Shake to blend.

2. Arrange greens, pear, onion and cherries on four salad plates. Top with equal amounts dressing and cheese.

Makes 4 servings

**This recipe was tested with sucralose-based sugar substitute.*

DIETARY EXCHANGES:	
2 Vegetable, 1½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 144	Cal. from Fat: .. 47 %
Total Fat: ... 8 g	Sat. Fat: ..... 3 g
Carb.: ..... 16 g	Protein: ..... 4 g
Chol.: ..... 11 mg	Sodium: ..... 154 mg
Fiber: ..... 2 g	

Two Tomato-Kalamata Crostini

- 4 ounces baguette bread, cut into 20 (¼-inch-thick) slices
- 8 sun-dried tomatoes, rehydrated and finely chopped
- ½ cup water
- 5 ounces grape tomatoes, finely chopped
- 12 kalamata olives, pitted and finely chopped
- 1½ teaspoons dried basil
- 2 teaspoons cider vinegar
- ⅛ teaspoon salt
- 1 teaspoon extra-virgin olive oil, optional
- 1 garlic clove, halved crosswise

1. Preheat oven to 350°F.

2. Place baguette slices on large baking sheet. Bake 10 minutes or until golden brown around edges. Remove from oven and cool.

3. Meanwhile, rehydrate the sun-dried tomatoes: Combine with water in microwave-safe bowl. Microwave on HIGH for 2 minutes. Let stand 10 minutes or until softened. Drain completely.

4. Combine sun-dried tomatoes, grape tomatoes, olives, basil, vinegar, salt and oil in small bowl. Toss thoroughly. Cover with plastic wrap and refrigerate.

5. Rub bread slices with garlic halves. Store in airtight container until ready to serve.

6. Top each bread slice with 1 tablespoon tomato mixture.

Makes 10 servings (2 slices per serving)

Tip: *Use a serrated knife to slice bread and tomatoes.*

DIETARY EXCHANGES:	
½ Starch, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 45	Cal. from Fat: 24 %
Total Fat: 1 g	Sat. Fat: <1 g
Carb.: 8 g	Protein: 1 g
Chol.: 0 mg	Sodium: 219 mg
Fiber: 1 g	

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Herb Roasted Turkey and Gravy

CARB

- 1 small (8- to 10-pound) turkey, thawed
- ½ cup coarse-grained or Dijon-style mustard
- ¼ cup chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped chives or tarragon
- 2 tablespoons all-purpose flour
- 1 cup reduced-sodium, fat-free chicken broth
- ¼ cup fat-free half and half
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Heat oven to 450°F. Rinse turkey with cold water. Pat dry with paper towels. Carefully insert fingers under skin beginning at neck cavity and slide down over breast forming a pocket between skin and turkey breast.

2. Combine mustard, sage, thyme and chives in a small bowl. Spoon mixture into pocket. Use fingers to massage outside of skin, spreading mustard mixture into an even layer. Place breast side up on a rack in a shallow roasting pan. Place in oven. Reduce heat to 325°F. Roast turkey 18 minutes per pound unstuffed, 20 minutes per pound stuffed or until internal temperature reads 180°F on a meat thermometer inserted into the thigh, making sure not to touch bone. Once turkey browns, tent with foil for remaining roasting time. Transfer cooked turkey to a carving board with a well to catch drippings. Tent with foil; let stand 20 minutes before carving.

3. Meanwhile, pour drippings from roasting pan into a glass measuring cup. Spoon 2 tablespoons of the fat into a medium saucepan. Place over medium heat. Add flour and cook and stir 1 minute. Add broth. Simmer over medium heat, stirring constantly. Spoon off remaining fat from reserved pan drippings and discard. Add drippings to gravy. Stir in half and half, salt and pepper. Transfer to a serving pitcher.

4. Discard turkey skin. Carve and transfer to platter. Spoon stuffing into a serving bowl.

Makes 14 servings (3 ounces meat, 2 tablespoons gravy per serving)

DIETARY EXCHANGES:	
5 Meat	
NUTRIENTS PER SERVING:	
Cal.: 273	Cal. from Fat:... 28 %
Total Fat:... 8 g	Sat. Fat: ..... 2 g
Carb.:..... 2 g	Protein:..... 44 g
Chol.:.... 181 mg	Sodium:..... 360 mg
Fiber: ..... <1 g	

Cranberry-Apple Chutney

- ¾ cup unsweetened apple juice
- 1 cup sweet onion, chopped
- 1 cup sugar substitute*
- ½ cup packed light brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 1 package (12 ounces) fresh or frozen cranberries
- 1 large Granny Smith apple, peeled, cut into ½-inch pieces

1. Combine juice, onion, sugar substitute, brown sugar, cinnamon, ginger and cloves in a heavy, medium saucepan. Bring to a boil over high heat. Reduce heat and simmer uncovered 5 minutes.

2. Add cranberries and apple. Return to simmer and cook uncovered 20 minutes or until mixture is very thick, stirring occasionally.

3. Cool to room temperature. Transfer to decorative serving dish or refrigerate until serving.

Makes 20 servings (2 tablespoons per serving)

**This recipe was tested with sucralose-based sugar substitute.*

DIETARY EXCHANGES:
1 Fruit

NUTRIENTS PER SERVING:			
Cal.:	41	Cal. from Fat:	1 %
Total Fat:	<1 g	Sat. Fat:	<1 g
Carb.:	12 g	Protein:	<1 g
Chol.:	0 mg	Sodium:	3 mg
Fiber:	1 g		

Mashed Sweet Potatoes

- 2 large sweet potatoes (about 1¾ pounds)
- ¼ cup fat-free half and half
- ¾ teaspoon salt
- ¼ teaspoon cinnamon
- ⅛ teaspoon ground red pepper
- ¼ cup chopped pecans, toasted

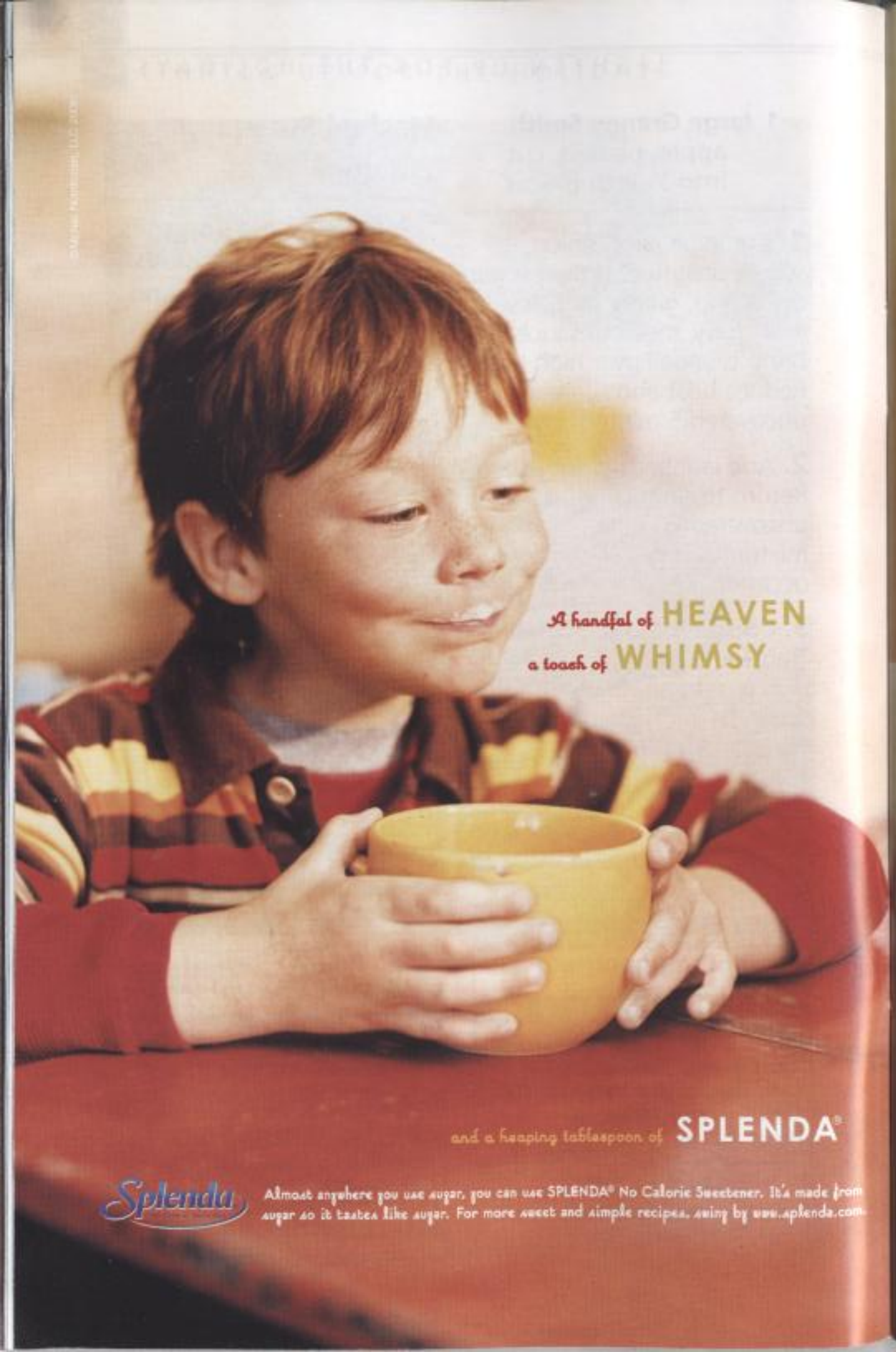
1. Peel potatoes. Cut into chunks. Place in medium saucepan and cover with water. Cover and bring to a boil over high heat. Reduce heat and simmer until potatoes are tender, about 15 minutes. Drain and return to pan.

2. Add half and half, salt, cinnamon and red pepper. Mash with a potato masher. Top with pecans.

Makes 6 (½-cup) servings

DIETARY EXCHANGES:
2 Starch, ½ Fat

NUTRIENTS PER SERVING:			
Cal.:	152	Cal. from Fat:	19 %
Total Fat:	3 g	Sat. Fat:	<1 g
Carb.:	28 g	Protein:	3 g
Chol.:	2 mg	Sodium:	370 mg
Fiber:	4 g		



Splenda

Almost anywhere you use sugar, you can use SPLENDA® No Calorie Sweetener. It's made from sugar so it tastes like sugar. For more sweet and simple recipes, swing by www.splenda.com.

Hot Chocolate

1/3 cup SPLENDA® No Calorie Sweetener, Granular
3 tablespoons unsweetened cocoa powder
2 cups 2% reduced-fat milk

COMBINE SPLENDA® Granular and cocoa powder in a small saucepan. Gradually stir in milk and heat thoroughly (do not boil). Garnish with whipped cream (optional). Serve immediately.

Sweet & Crunchy Nuts

3/4 cup pecan halves
3/4 cup walnut halves
1/2 cup whole blanched almonds
1 egg white, lightly beaten
1/3 cup SPLENDA® No Calorie Sweetener, Granular
2 teaspoons ground cinnamon

PREHEAT oven to 300°F. Spray a 15 x 10 x 1 inch pan with cooking spray.
COMBINE pecans, walnuts, and almonds in a mixing bowl; add egg white, toss to coat.
COMBINE SPLENDA® Granular and cinnamon; sprinkle over nuts, toss to coat. Spread mixture evenly in prepared pan.
BAKE 30 minutes or until nuts are toasted, stirring every 10 minutes. Cool on waxed paper. Store in airtight tin.

Pomegranate Punch

2 cups orange juice
3 cups pomegranate juice, chilled
2 tablespoons fresh lime juice
1/2 cup SPLENDA® No Calorie Sweetener, Granular
2 cups sparkling water, chilled

POUR orange juice into ice cube trays; freeze 4 hours or overnight.
COMBINE pomegranate juice, lime juice, and SPLENDA® Granular in a pitcher, stirring until SPLENDA® Granular dissolves; add frozen orange juice cubes and allow mixture to stand 5 minutes or until cubes begin to melt.
Stir in sparkling water. Serve immediately.

Cranberry Sauce

1 teaspoon cornstarch
1 cup SPLENDA® No Calorie Sweetener, Granular
1/2 cup water
3 cups fresh or frozen cranberries
1 medium orange, peeled and sectioned

COMBINE cornstarch, SPLENDA® Granular, and water in medium saucepan; stir until dissolved. Add cranberries and orange sections; bring to a boil, stirring constantly over medium-high heat. Reduce heat and simmer, stirring often for 5 minutes or until cranberry skins begin to pop and mixture begins to thicken. Set aside to cool. Cover and chill at least 2 hours.

Cornbread Stuffing

Cornbread:

- **Nonstick cooking spray**
- **1 cup yellow cornmeal**
- **1 cup all-purpose flour**
- **2 teaspoons baking soda**
- **1 teaspoon baking powder**
- **¾ teaspoon salt**
- **¾ cup low-fat (1%) buttermilk**
- **2 large egg whites**
- **⅓ cup canola or vegetable oil**
- **2 tablespoons honey**

Stuffing:

- **2 tablespoons canola oil or butter**
- **1 large onion, chopped**
- **½ cup sliced celery**
- **¼ cup chopped fresh sage**
- **¼ cup chopped fresh parsley**
- **¾ cup chicken or turkey broth**
- **1 large egg, beaten (optional)**

1. For the cornbread, heat oven to 425°F. Spray 8- or 9-inch square baking pan with cooking spray. Combine cornmeal, flour, baking soda, baking powder and salt in a large bowl. Add buttermilk, egg whites, oil and honey; mix just until dry ingredients are moistened. Pour batter into prepared pan.

2. Bake 18 to 20 minutes or until golden brown and a toothpick inserted in center comes out clean. Transfer to a wire rack. Cool completely. (Cornbread may be prepared up to 2 days before making stuffing. Let stand covered at room temperature.)

3. For the stuffing, heat oil in a large saucepan over medium heat. Add onion and celery. Cook 8 to 10 minutes or until vegetables are tender, stirring occasionally. Remove from heat. Stir in sage and parsley. Crumble cornbread or cut into cubes. Add to saucepan and toss lightly. Add broth and toss again.

4. Spoon hot stuffing into turkey or transfer to baking dish. Immediately roast turkey according to recipe. To bake stuffing separately, bake covered (moist stuffing) or uncovered (drier stuffing) at 325°F for 30 minutes or until hot.

Makes 12 (½-cup) servings

DIETARY EXCHANGES:	
2 Fat, 1 Starch	
NUTRIENTS PER SERVING:	
Cal.: 175	Cal. from Fat: .. 46 %
Total Fat:....9 g	Sat. Fat: ..... 1 g
Carb.:..... 21 g	Protein:..... 3 g
Chol.:..... 1 mg	Sodium:..... 490 mg
Fiber: ..... 1 g	

Potato-Cauliflower Mash

- 3 cups water
- 2 cups cubed Yukon Gold potatoes, skin on, (about 12 ounces)
- 10 ounces frozen cauliflower florets
- ¼ cup fat-free evaporated milk
- 2 tablespoons margarine, trans-fat free
- ¾ teaspoon salt
- ¼ teaspoon black pepper

1. Bring water to boil in a large saucepan. Add potatoes and cauliflower and return to boil. Reduce heat. Cover and simmer 10 minutes or until potatoes are tender.

2. Remove from heat and drain. Place vegetables and remaining ingredients in blender container and blend until smooth, scraping sides frequently.

Makes 4 (½-cup) servings

DIETARY EXCHANGES:
1 Starch, 2 Vegetable, 1 Fat

NUTRIENTS PER SERVING:	
Cal.: 173	Cal. from Fat: .. 32 %
Total Fat:... 6 g	Sat. Fat: ..... 1 g
Carb.:..... 25 g	Protein:..... 4 g
Chol.:..... 0 mg	Sodium:..... 531 mg
Fiber: ..... 3 g	

Balsamic Glazed Green Beans

- 1 pound green beans, trimmed
- 2 teaspoons olive oil
- 1 small red bell pepper, diced
- ⅓ cup sliced shallots or chopped sweet onion
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons balsamic vinegar

1. Simmer beans in water in a large saucepan until tender, 6 to 8 minutes depending on size. Drain in colander and rinse with cold water.

2. In the same saucepan, heat oil over medium heat. Add bell pepper and shallots. Cook 5 minutes or until tender, stirring occasionally. Return beans to saucepan. Add salt and pepper and stir until heated through. Remove from heat. Stir in vinegar.

Makes 8 (½ cup) servings

DIETARY EXCHANGES:
1 Vegetable, ½ Fat

NUTRIENTS PER SERVING:	
Cal.:..... 38	Cal. from Fat:.. 26 %
Total Fat:....1 g	Sat. Fat: ..... <1 g
Carb.:..... 6 g	Protein:..... 1 g
Chol.:..... 0 mg	Sodium:..... 150 mg
Fiber: ..... 2 g	

Apple Pecan Spice Squares

- 1 package (18.2 ounces) spice or carrot cake mix
- 3 large eggs
- 1¼ cups water, divided
- ½ cup plain fat-free yogurt
- ½ cup pecan pieces
- 1 tablespoon lemon juice, optional
- 1 tart apple (such as Granny Smith) unpeeled, halved, cored and sliced
- 1 baking apple (such as Red Delicious) unpeeled, halved, cored and sliced

- 1 ripe pear, unpeeled, halved, cored and sliced
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon vanilla, butter and nut flavoring
- 1 tablespoon margarine, trans-fat free
- 1 tablespoon sugar substitute*

1. Preheat oven to 350°F.

2. Combine cake mix, eggs, 1 cup water and yogurt in a medium mixing bowl. Beat according to package directions.

3. Coat a jelly roll pan with nonstick cooking spray. Pour batter into pan and smooth evenly with rubber spatula. Bake 20 minutes or until toothpick inserted into center comes out clean. Place on wire rack and cool.

4. Heat a 12-inch nonstick skillet over medium-high heat until hot. Add pecans and cook 2 minutes or until lightly browned, stirring frequently. Remove to a plate. Set aside.

5. Return skillet to medium-high heat. Add ¼ cup water, lemon juice, apples, pear, cinnamon and nutmeg. Bring to boil. Reduce heat to medium and continue cooking 3 minutes or until tender crisp. Remove from heat.

6. Gently stir in remaining ingredients plus pecans using a rubber spatula. Spoon evenly over cooled cake. Cut into 24 squares.

Makes 24 servings

**This recipe was tested with sucralose-based sugar substitute.*

DIETARY EXCHANGES:
½ Fat, 1½ Starch

NUTRIENTS PER SERVING:	
Cal.: 132	Cal. from Fat: .. 31 %
Total Fat: ... 5 g	Sat. Fat: ..... 1 g
Carb.: ..... 21 g	Protein: ..... 2 g
Chol.: ..... 27 mg	Sodium: ..... 158 mg
Fiber: ..... 1 g	

Seasonal Short cuts

in the Kitchen

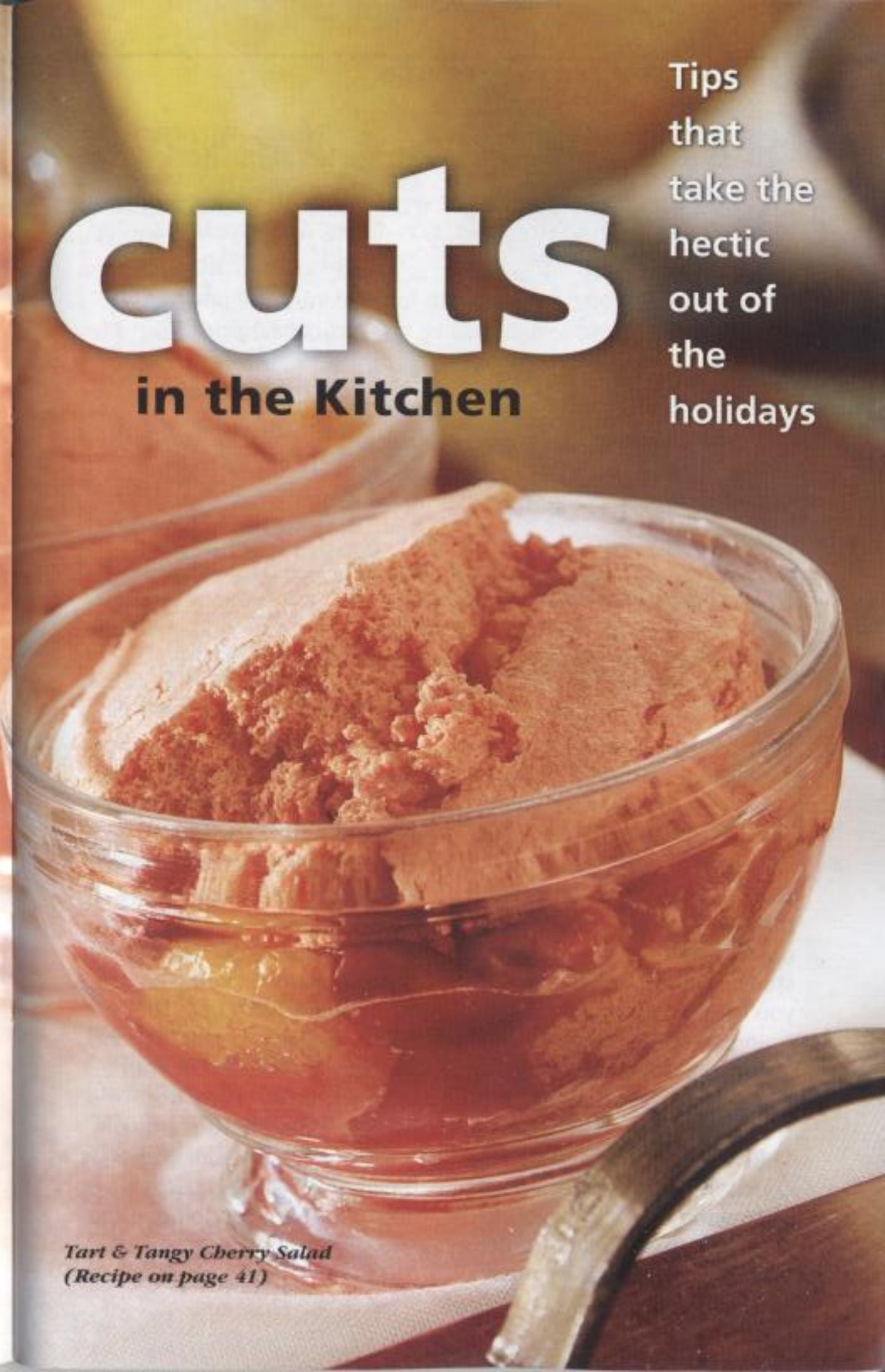
Tips that take the hectic out of the holidays

By Peggy Eastmond, RD

Preparing a home-cooked meal for friends and family during the holidays is a tradition for many. However, increasingly busy schedules can make cooking for yourself a challenge—cooking for a large group can send stress levels soaring. The key to success is finishing most of the work before the first guest rings the doorbell.

Since a holiday menu requires preparing more dishes than you would for an ordinary meal, you'll need a few that can be made in advance and a couple that can be whipped up in a matter of minutes. Fruit-based salads and desserts are examples of dishes that can be made ahead of time and then refrigerated or frozen.

Think simple when it comes to dips and appetizers. Many dips can be stirred together in moments—arrange some crackers and raw vegetables on a platter, and you're done. Don't worry about intricate detailing and artful arrangement; your guests just want something



Tart & Tangy Cherry Salad
(Recipe on page 41)

Hints to keep your holiday stress level in check

- Clean out the refrigerator the week before the big meal. You'll need room to store pies, side dishes, and appetizers prepared ahead of time.
- Cover stove-top drip pans with foil. Cleanup will be as easy as removing the foil when you've finished cooking.
- Soak cookware in hot soapy water as you finish with it. You won't have to scrub as hard later.
- Cook frozen vegetables in their microwavable bag. You won't have to wait for water to boil, and you'll save a pot. Don't forget to make some slits in the bag prior to microwaving.
- For fresh lemon juice with no cleanup: Place cut lemon halves in a resealable plastic bag and seal. Using the heel of your hand, press down on the lemon against the counter. Snip off a small corner of the bag and pour out the juice, then throw away the bag with the juiced halves and seeds.

tasty to munch on while they're socializing.

Choose recipes that allow you to work in stages so you can make the most of small blocks of free time throughout the day. After all, most recipes don't need to be prepared from start to finish all at once. If you're cooking a ham, for example, make the glaze earlier in the day. Then you'll have one less thing to do when it's crunch time.

Remember that a slow cooker is a hands-off method of cooking that allows you to prepare a dish ahead of time, giving you less to do as meal time approaches. Using it to cook a side dish such as sweet potatoes or wild rice frees up stove-top and oven space, with the added benefit of keeping the dish warm until dinner is ready to serve.

The holiday-inspired recipes that follow incorporate all of these time-saving tips. The dishes are easy to prepare, and we believe everyone at your table will enjoy them. Best of all, you should have plenty of time to visit with your guests as they arrive. You can relax, knowing that everything in the kitchen is under control.

Tart & Tangy Cherry Salad

(Recipe photo on page 39)

- **1 cup diet lemon-lime soda**
- **1 package (.35 ounce) sugar-free cherry gelatin**
- **1 can (14½ ounces) pitted, tart red cherries in water**
- **1 can (11 ounces) mandarin orange segments**
- **¼ cup measure-for-measure sugar substitute**
- **1 container (8 ounces) fat-free whipped topping**
- **¼ cup finely chopped walnuts**

1. Heat soda in microwave-safe container on HIGH for 1 minute.

2. Transfer soda to large bowl. Whisk in gelatin until completely dissolved. Drain juice from cherries and oranges into gelatin mixture. Stir until well mixed.

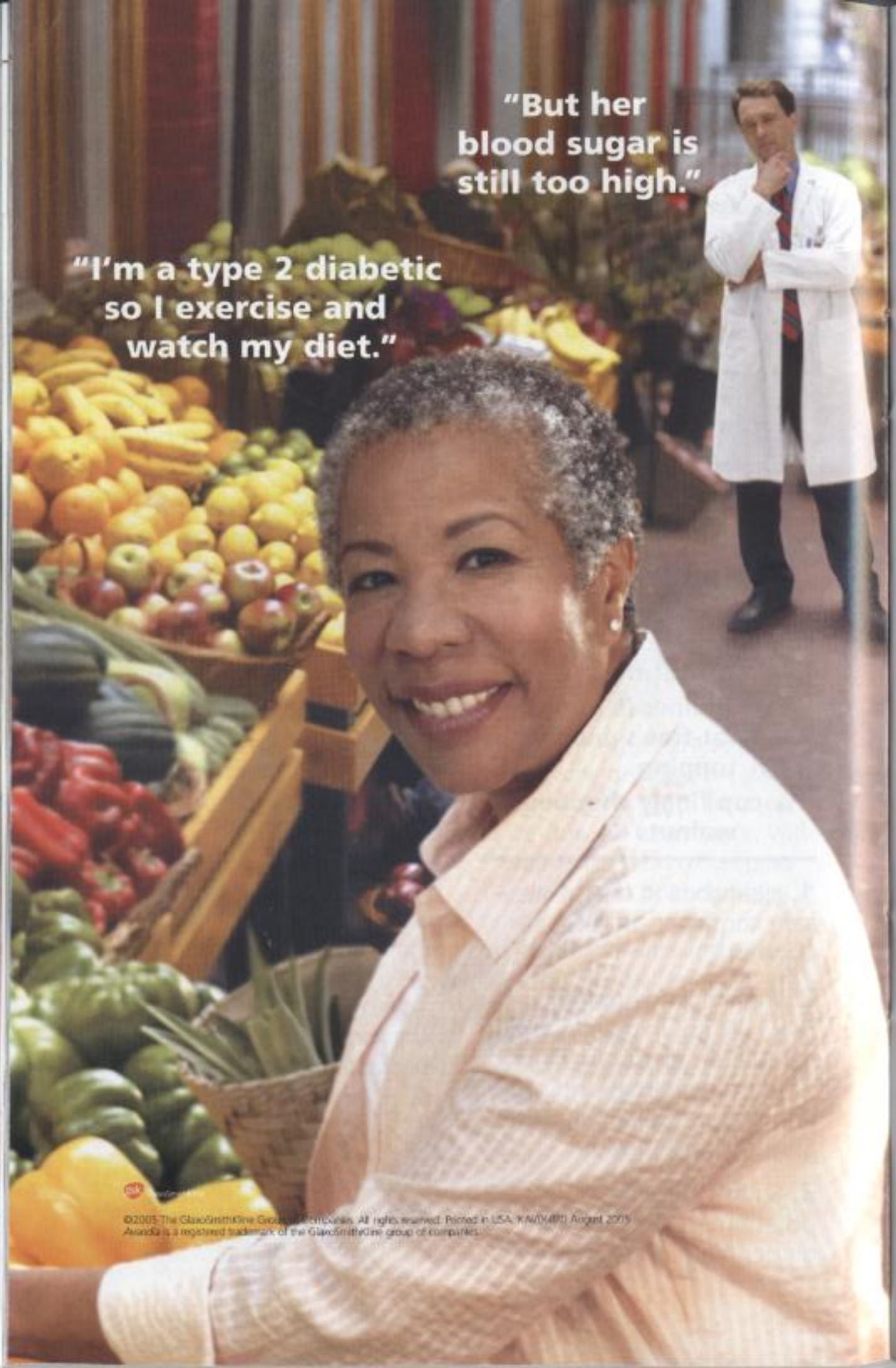
3. Smash cherries with potato masher or fork on dinner plate. Sprinkle sugar substitute over cherries and stir until well mixed.

4. Whisk cherry mixture, oranges, whipped topping and walnuts into gelatin until well blended. Pour mixture into glass bowl. Refrigerate until firm, at least 2 hours.

Makes 10 servings (½ cup per serving)

Tip: *This recipe is perfect to make the day before and refrigerate overnight.*

DIETARY EXCHANGES:	
1 Fruit, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 96	Cal. from Fat: 20 %
Total Fat: 2 g	Sat. Fat: <1 g
Carb.: 17 g	Protein: 1 g
Chol.: 0 mg	Sodium: 48 mg
Fiber: 1 g	



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Managing type 2 diabetes can be hard. Adding *Avandia* can help. *Avandia*, along with diet and exercise, helps lower your blood sugar. It works differently than other diabetes medicines by helping your body use its own natural insulin better. *Avandia* can also help maintain blood sugar control.* Ask your doctor if *Avandia* is right for you.

Avandia may be prescribed alone, with metformin, a sulfonylurea, metformin plus a sulfonylurea, or insulin. When taking *Avandia* with a sulfonylurea or insulin, patients may be at increased risk for low blood sugar. Ask your doctor whether you need to lower your sulfonylurea or insulin dose. Some people may experience tiredness, weight gain or swelling with *Avandia*. *Avandia* may cause fluid retention or swelling which could lead to or worsen heart failure, so you should tell your doctor if you have a history of these conditions. If you experience an unusually rapid increase in weight, swelling or shortness of breath while taking *Avandia*, talk to your doctor immediately. In combination with insulin *Avandia* may increase the risk of other heart problems. Ask your doctor about important symptoms and if the combination continues to work for you. *Avandia* is not for everyone. *Avandia* is not recommended for patients with NYHA Class 3 and 4 cardiac status or active liver disease. Blood tests should be used to check for liver problems before starting and while taking *Avandia*. Tell your doctor if you have liver disease, or if you experience unexplained tiredness, stomach problems, dark urine or yellowing of skin while taking *Avandia*. If you are nursing, pregnant or thinking about becoming pregnant, talk to your doctor before taking *Avandia*. *Avandia* may increase your risk of pregnancy.

Please see Patient Information for *Avandia* on adjacent page.

*Individual results may vary.

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PATIENT INFORMATION – Rx only

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Rosiglitazone Maleate Tablets

Read the Patient Information that comes with AVANDIA before you start taking the medicine and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about AVANDIA, ask your doctor or pharmacist.

What is AVANDIA?

AVANDIA is a prescription medicine used with diet and exercise to treat type 2 ("adult-onset" or "non-insulin dependent") diabetes mellitus ("high blood sugar"). AVANDIA may be used alone or with other anti-diabetic medicines. AVANDIA can help your body respond better to insulin made in your body. AVANDIA does not cause your body to make more insulin.

Before you take AVANDIA, you should first try to control your diabetes by diet, weight loss, and exercise. In order for AVANDIA to work best, it is very important to exercise, lose excess weight, and follow the diet recommended for your diabetes.

The safety and efficacy of AVANDIA have not been established in children under 18 years of age.

What is Type 2 Diabetes?

Type 2 diabetes happens when a person does not make enough insulin or does not respond normally to the insulin their body makes. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, heart disease, loss of limbs, and blindness. The main goal of treating diabetes is to lower your blood sugar to a normal level. Lowering and controlling blood sugar may help prevent or delay complications of diabetes such as heart disease, kidney disease or blindness. High blood sugar can be lowered by diet and exercise, by certain medicines taken by mouth, and by insulin shots.

Who should not take AVANDIA?

Do not take AVANDIA if you are allergic to any of the ingredients in AVANDIA. The active ingredient is rosiglitazone maleate. See the end of this leaflet for a list of all the ingredients in AVANDIA.

Before taking AVANDIA, tell your doctor about all your medical conditions, including if you:

- have heart problems or heart failure. AVANDIA can cause your body to keep extra fluid (fluid retention), which leads to swelling and weight gain. Extra body fluid can make some heart problems worse or lead to heart failure.
- have type 1 ("juvenile") diabetes or had diabetic ketoacidosis. These conditions should be treated with insulin.
- have liver problems. Your doctor should do blood tests to check your liver before you start taking AVANDIA and during treatment as needed.
- had liver problems while taking REZULIN® (troglitazone), another medicine for diabetes.
- are pregnant or trying to become pregnant. It is not known if AVANDIA can harm your unborn baby. You and your doctor should talk about the best way to control your high blood sugar during pregnancy.
- are a premenopausal woman (before the "change of life") who does not have regular monthly periods. AVANDIA may increase your chances of becoming pregnant. Talk to your doctor about birth control choices while taking AVANDIA.
- are breastfeeding. It is not known if AVANDIA passes into breast milk. You should not use AVANDIA while breastfeeding.
- are taking prescription or non-prescription medicines, vitamins or herbal supplements. AVANDIA and certain other medicines can affect each other and lead to serious side effects including high blood sugar or low blood sugar. Keep a list of all the medicines you take. Show this list to your doctor and pharmacist before you start a new medicine. They will tell you if it is okay to take AVANDIA with other medicines.

How should I take AVANDIA?

- Take AVANDIA exactly as prescribed. Your doctor will tell you how many tablets to take and how often. The usual daily starting dose is 4 mg a day taken once a day or 2 mg taken twice a day. Your doctor may need to adjust your dose until your blood sugar is better controlled.
- AVANDIA may be prescribed alone or with other anti-diabetic medicines. This will depend on how well your blood sugar is controlled.
- Take AVANDIA with or without food.
- It can take 2 weeks for AVANDIA to start lowering blood sugar. It may take 2 to 3 months to see the full effect on your blood sugar level.
- If you miss a dose of AVANDIA, take your pill as soon as you remember, unless it is time to take your next dose. Take your next dose at the usual time. Do not take a double dose to make up for a missed dose.
- If you take too much AVANDIA, call your doctor or poison control center right away.
- Test your blood sugar regularly as your doctor tells you.
- Diet and exercise can help your body use its blood sugar better. It is important to stay on your recommended diet, lose excess weight, and get regular exercise while taking AVANDIA.
- Your doctor should do blood tests to check your liver before you start AVANDIA and during treatment as needed. Your doctor should also do regular blood sugar tests (for example, "A1C") to monitor your response to AVANDIA.

What are possible side effects of AVANDIA?

- heart failure. AVANDIA can cause your body to keep extra fluid (fluid retention), which leads to swelling and weight gain. Extra body fluid can make some heart problems worse or lead to heart failure.
- swelling (edema) from fluid retention. Call your doctor right away if you have symptoms such as:
  - swelling or fluid retention, especially in the ankles or legs
  - shortness of breath or trouble breathing, especially when you lie down
  - an unusually fast increase in weight
  - unusual tiredness
- low blood sugar (hypoglycemia). Lightheadedness, dizziness, shakiness or hunger may mean that your blood sugar is too low. This can happen if you skip meals, if you use another medicine that lowers blood sugar, or if you have certain medical problems. Call your doctor if low blood sugar levels are a problem for you.
- weight gain. AVANDIA can cause weight gain that may be due to fluid retention or extra body fat. Weight gain can be a serious problem for people with certain conditions including heart problems. Call your doctor if you have an unusually fast increase in weight.
- low red blood cell count (anemia).
- ovulation (release of egg from an ovary in a woman) leading to pregnancy. Ovulation may happen in premenopausal women who do not have regular monthly periods. This can increase the chance of pregnancy.
- liver problems. It is important for your liver to be working normally when you take AVANDIA. Your doctor should do blood tests to check your liver before you start taking AVANDIA and during treatment as needed. Call your doctor right away if you have unexplained symptoms such as:
  - nausea or vomiting
  - stomach pain
  - unusual or unexplained tiredness
  - loss of appetite
  - dark urine
  - yellowing of your skin or the whites of your eyes.

The most common side effects of AVANDIA included cold-like symptoms, injury, and headache.

How should I store AVANDIA?

- Store AVANDIA at room temperature, 59° to 86°F (15° to 30°C). Keep AVANDIA in the container it comes in.
- Safely, throw away AVANDIA that is out of date or no longer needed.
- Keep AVANDIA and all medicines out of the reach of children.

General Information about AVANDIA

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use AVANDIA for a condition for which it was not prescribed. Do not give AVANDIA to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes important information about AVANDIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AVANDIA that is written for healthcare professionals. You can also find out more about AVANDIA by calling 1-888-825-5249 or visiting the website www.avandia.com.

What are the ingredients in AVANDIA?

Active Ingredient: rosiglitazone maleate

Inactive Ingredients: hypromellose 2910, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol 3000, sodium starch glycolate, titanium dioxide, triacetin, and 1 or more of the following: synthetic red and yellow iron oxides and talc.

AVANDIA is a registered trademark of GlaxoSmithKline.

REZULIN is a registered trademark of Parke-Davis Pharmaceuticals Ltd.

PIL–AV:L14

GlaxoSmithKline

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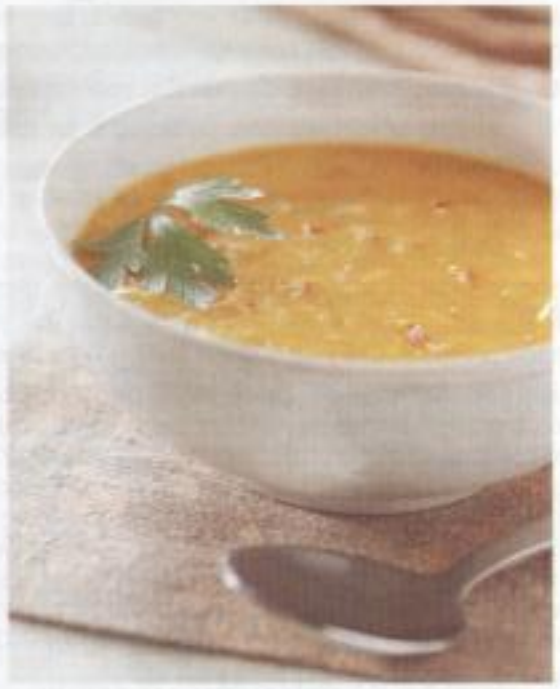
Butternut Squash Soup

- 2 teaspoons olive oil
- 1 large sweet onion, chopped
- 1 red bell pepper, chopped
- 2 packages (10 ounces) frozen puréed butternut squash, thawed
- 1 can (10½ ounces) fat-free, reduced-sodium condensed chicken broth
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground white pepper
- ½ cup fat-free half-and-half

1. Heat oil in large saucepan over medium-high heat. Add onion and bell pepper. Cook 5 minutes, stirring occasionally. Add squash, broth, nutmeg and pepper. Bring mixture to a boil over high heat. Reduce heat. Cover and simmer until vegetables are very tender, about 15 minutes.

2. Purée soup in saucepan with hand-held immersion



blender. Alternatively, purée soup in batches in food processor or blender. Return purée to saucepan. Stir in half and half and heat through. If needed, add water to thin soup to desired consistency.

Serving suggestion:
Garnish with a swirl of fat-free half-and-half or a sprinkling of parsley.

Makes 4 servings
(1½ cups per serving)

DIETARY EXCHANGES:
2 Starch, ½ Fat

NUTRIENTS PER SERVING:			
Cal.:	152	Cal. from Fat:	17 %
Total Fat:	3 g	Sat. Fat:	1 g
Carb.:	28 g	Protein:	6 g
Chol.:	13 mg	Sodium:	155 mg
Fiber:	3 g		

Horseradish Mashed Potatoes

- 2⅔ cups frozen mashed potatoes
- 1⅓ cups low-fat (1%) milk
- 1½ tablespoons prepared horseradish
- ¼ cup chopped chives
- ¼ teaspoon black pepper

Combine potatoes and milk in 1½- to 2-quart microwave-safe casserole or bowl. Cook uncovered on HIGH for 4 minutes. Stir in horseradish. Continue cooking on HIGH for 4 to 6 minutes or until hot. Stir in chives. Let stand 1 minute.

Makes 4 servings
(½ cup per serving)

DIETARY EXCHANGES:
1 Fat, 1½ Starch

NUTRIENTS PER SERVING:			
Cal.:	143	Cal. from Fat:	38 %
Total Fat:	4 g	Sat. Fat:	2 g
Carb.:	22 g	Protein:	4 g
Chol.:	9 mg	Sodium:	169 mg
Fiber:	2 g		

Quick & Creamy Horseradish Sauce

- ½ cup reduced-fat sour cream
- 2 tablespoons prepared horseradish
- 2 teaspoons honey mustard

Mix sour cream, horseradish and honey mustard together in small bowl. Cover and chill until serving time.

Makes 6 servings
(2 tablespoons per serving)

DIETARY EXCHANGES:
½ Fat

NUTRIENTS PER SERVING:			
Cal.:	31	Cal. from Fat:	70 %
Total Fat:	2 g	Sat. Fat:	1 g
Carb.:	2 g	Protein:	1 g
Chol.:	8 mg	Sodium:	34 mg
Fiber:	<1 g		

Green Beans and Red Onion with Mustard Vinaigrette Dressing

- 1½ pounds fresh green beans, trimmed
- 1 cup sliced red onion
- 3 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Cook green beans in boiling water 8 minutes or until tender crisp. Drain beans. Combine green beans and onion in large mixing bowl.

2. Whisk vinegar, mustard, olive oil, salt and pepper together in microwave-safe bowl. Cook mixture on HIGH for 1 minute. Remove from microwave and whisk mixture.

3. Drizzle dressing over bean mixture. Toss well to coat.

Makes 6 servings
(1 cup per serving)

DIETARY EXCHANGES:	
2 Vegetable, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.:..... 68	Cal. from Fat: .. 31 %
Total Fat:... 2 g	Sat. Fat: ..... <1 g
Carb.:..... 10 g	Protein:..... 2 g
Chol.:..... 0 mg	Sodium:..... 219 mg
Fiber: ..... 4 g	

Mushroom Wild Rice

- 1 cup uncooked wild rice (or wild rice and rice mixture)
- ½ cup sliced fresh mushrooms
- ½ cup diced sweet Vidalia or white onion
- ½ cup diced green or red bell pepper
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1½ cups 98% fat-free, reduced-sodium chicken broth

1. Layer rice, mushrooms, onion and bell peppers in slow cooker. Add oil, salt, pepper and chicken broth.

2. Cover and cook on HIGH for 2½ hours or until rice is soft and liquid is absorbed.

Makes 8 servings (½ cup per serving)

DIETARY EXCHANGES:	
1 Starch, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 100	Cal. from Fat: .. 19 %
Total Fat:... 2 g	Sat. Fat: ..... <1 g
Carb.:..... 17 g	Protein:..... 4 g
Chol.:..... 5 mg	Sodium:..... 148 mg
Fiber: ..... 2 g	

Seeded Whole-Wheat Dinner Rolls

CARB

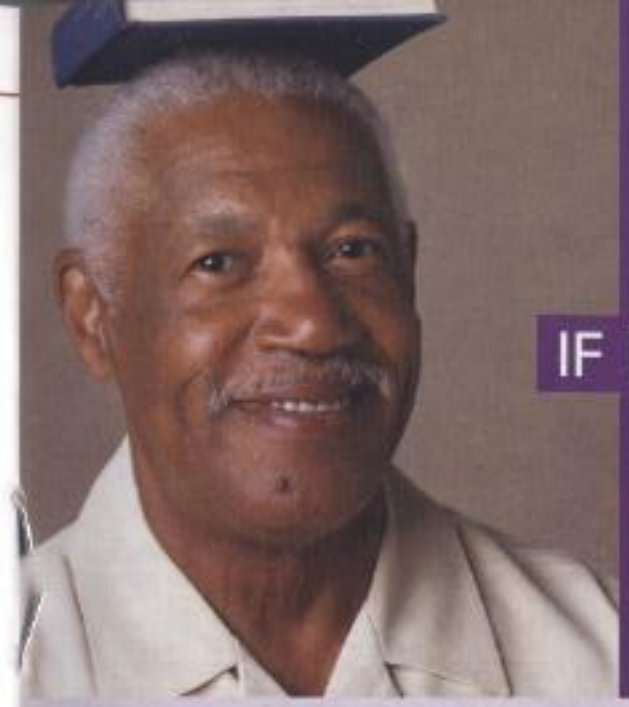
- 6 pieces frozen whole-wheat dinner roll dough
- 1 egg, well beaten
- 1 teaspoon sesame seeds
- ¼ teaspoon poppy seeds
- ⅛ teaspoon Kosher salt (optional)

1. Thaw dough according to package directions. Heat oven to 200°F. Turn off oven. Line baking sheet with parchment or foil. Place dough on baking sheet. Place baking sheet in turned-off oven. Let rise until double in bulk, 20 to 30 minutes.

2. Heat oven to 350°F. Brush rolls with egg. Sprinkle seeds and salt, if using, over rolls. Bake 20 minutes or until golden brown.

Makes 6 servings

DIETARY EXCHANGES:	
1 Starch, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.:..... 82	Cal. from Fat: .. 17 %
Total Fat:... 2 g	Sat. Fat: ..... <1 g
Carb.:..... 15 g	Protein:..... 3 g
Chol.:..... 0 mg	Sodium:..... 145 mg
Fiber: ..... 2 g	



IF MANAGING YOUR **TYPE 2 DIABETES** WERE ONLY THIS SIMPLE.

HELP IMPROVE YOUR **BODY'S BALANCE** WITH DIET, EXERCISE AND **ACTOS.**

ACTOS works with diet and exercise to help your body better use your natural insulin, or the insulin you take, to reduce harmful sugar buildup in the blood. Improving the balance of your blood sugar and insulin can help control your type 2 diabetes.

- ACTOS is a convenient, once-a-day, prescription pill.
- ACTOS can be used alone or with certain other diabetes medicines like metformin, sulfonylureas or insulin.
- ACTOS can be taken with or without food.

Along with your necessary efforts of diet and exercise, ACTOS is an option that may help give you the control you need.

ASK YOUR DOCTOR ABOUT ACTOS. FOR FREE INFORMATION ON TYPE 2 DIABETES AND ACTOS CALL **1-800-620-0769.**

What important things should I know about ACTOS® (pioglitazone HCl)?

ACTOS is not for everyone. ACTOS can cause fluid retention (edema), which may lead to or worsen heart failure, so tell your health professional if you have a history of these conditions. Talk to your health professional immediately if you experience rapid weight gain, fluid retention, or shortness of breath while taking ACTOS. If you have moderate to severe heart failure, ACTOS is not recommended. Also, your health professional should perform a blood test to check for serious liver problems or active liver disease before you start ACTOS and periodically thereafter. Do not take ACTOS if you have active liver disease. Talk to your health professional immediately if you experience nausea, vomiting, stomach pain, tiredness, anorexia, dark urine, or yellowing of the skin.

If you are of childbearing age, talk to your health professional before taking ACTOS because it could increase your chance of becoming pregnant.

Some people taking ACTOS may experience cold and flu-like symptoms, mild to moderate swelling of legs and ankles, and anemia. Occasionally, blood glucose levels increased during clinical trials. When taking ACTOS with insulin or sulfonylureas, you may be at risk for low blood glucose.

Please see additional important Patient Information on the next page.

Takeda Diabetes Lilly

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actos® pioglitazone HCl
DISCOVERINGYOURBALANCE.

Patient Information About ACTOS® (pioglitazone HCl) Tablets: 15 mg, 30 mg, and 45 mg.

What is ACTOS?
ACTOS is a clinically proven, once-a-day medicine that belongs to a class of prescription oral diabetes drugs called thiazolidinediones. Thiazolidinediones are also called insulin sensitizers. They treat type 2 diabetes by helping your body better use its own insulin or insulin you are taking. ACTOS comes in tablets and is taken once daily. Along with diet and exercise, ACTOS helps lower blood glucose levels.

Why is it important to control type 2 diabetes?
It is important to control type 2 diabetes because the buildup of glucose in the blood, if not controlled, can over time lead to serious medical problems such as kidney damage, amputation, heart disease, and blindness.

How does ACTOS help treat type 2 diabetes?
ACTOS works by decreasing insulin resistance, an important underlying defect in type 2 diabetes, to help your body use insulin more effectively. That is why it is called an *insulin sensitizer*. It does not cause your body to produce more insulin; instead, it helps your body respond better to its own insulin or the insulin you may take.

What should I discuss with my health professional before taking ACTOS?
ACTOS is not for everyone. You should talk to your health professional if you have a history of congestive heart failure, liver problems, fluid retention (edema), or if you are pregnant, intend to become pregnant, or are breast-feeding. ACTOS can cause fluid retention, which may lead to or worsen heart failure. It is also important to tell your health professional if you are taking other prescription medications or over-the-counter products.

How soon will ACTOS begin to work?
Your blood glucose levels may be significantly reduced in as little as 2 weeks, though the full effect of ACTOS may take several more weeks to be seen. If you do not respond adequately to your starting dose of ACTOS, your health professional may increase your daily dose to improve your blood glucose control.

How should I take ACTOS?
ACTOS only needs to be taken once a day. Food does not change how ACTOS works, so you can take it with or without meals. To help you remember to take ACTOS, it is a good idea to take it at the same time every day.

What should I do if I miss a dose?
If you miss the timing of your daily dose, take ACTOS as soon as you remember within the same day. If you miss a day, do not take a double dose the next day to make up for it.

Do I still need to test my blood glucose while using ACTOS?
Yes. You should test your blood glucose as often as your health professional recommends.

What other routine laboratory tests are recommended?
It is important to have your blood glucose and glycosylated hemoglobin (A1C), a measure of your average blood glucose levels over 3 months, checked regularly by your health professional. You will also need to have blood tests to check for serious or active liver disease prior to starting ACTOS therapy and periodically thereafter per the recommendation of your health professional.

While taking ACTOS, call your health professional immediately if:
- You experience an unusually rapid increase in weight or fluid retention (edema) or develop shortness of breath or other symptoms of heart failure.
- You experience nausea, vomiting, stomach pain, fatigue, anorexia, dark urine, or yellowing of the skin.

Can I take ACTOS with other diabetes medications?
Only your health professional can determine which medications are best for your type 2 diabetes. If diet, exercise, and a single drug are not enough to control your diabetes, ACTOS can be taken in combination with certain other medicines (sulfonylureas, metformin, or insulin). Because ACTOS works differently than any of these drugs, combining ACTOS with another diabetes medication can provide additional improvements in your blood glucose levels.

ACTOS is not likely to cause low blood glucose when taken alone, because it does not cause your body to produce more insulin. People taking ACTOS with sulfonylureas or insulin may be at increased risk for low blood glucose, and an adjustment in the dose of sulfonylurea or insulin may be needed.

Will ACTOS interfere with other medications?
ACTOS can be taken by people using other common prescription medications, including certain other diabetes medications such as glipizide (a sulfonylurea) and metformin, as well as other medications such as digoxin (a heart medication) and warfarin (a blood thinner). Always inform your health professional about any other prescription medications or over-the-counter products you may be taking.

What are the possible side effects of ACTOS?
ACTOS was generally well tolerated in clinical trials. The most common side effects reported by people taking ACTOS included symptoms of upper respiratory tract infection, headache, sinusitis, muscle soreness, tooth disorder, and sore throat. Occasionally, blood glucose levels increased during clinical trials. This occurred less frequently with ACTOS than with placebo (an inactive comparison pill). As with other insulin sensitizers, weight gain may occur. In addition, mild to moderate fluid retention (edema) and a decrease in blood count (anemia) may occur. Low blood glucose was observed in a few patients who took ACTOS along with insulin or sulfonylureas.

Can ACTOS increase my risk for pregnancy?
If you are a premenopausal woman who is not ovulating, you should know that ACTOS might increase your risk of pregnancy by causing you to ovulate. Therefore, you may need to consider birth control options. Women using oral contraceptives should talk with their health professional as they may be at increased risk for pregnancy if appropriate contraceptive methods or adjustments are not used.

Who should not use ACTOS?
ACTOS is not recommended for people with moderate to severe heart failure. ACTOS should not be taken by: people with active liver disease or jaundice (yellowing of the skin); women who are pregnant or breast-feeding; or people who are allergic to ACTOS or any of its ingredients. ACTOS should not be used in people with type 1 diabetes or for the treatment of diabetic ketoacidosis. ACTOS should be used with caution in people with fluid retention (edema).

How should I store ACTOS?
Store ACTOS at room temperature, in a childproof container that is tightly closed and out of the reach of children, away from moisture and humidity.

Where can I find more information about ACTOS?
This is a summary of some of the most important information about ACTOS. If you have any further questions about type 2 diabetes or ACTOS, you should talk to your health professional. If you would like more information about ACTOS, you may access the complete Prescribing Information on the ACTOS website at: www.actos.com, or call 1-877-825-3327.

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Takeda Diabetes Lilly
ACHIEVING MORE TOGETHER™

Quick & Easy Beef Gravy

CARB

- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1 can (10¼ ounces) canned or bottled beef gravy
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried

Heat oil in small saucepan over medium heat. Add garlic.Cook and stir 2 minutes. Add gravy and thyme and heat through.

Makes 6 servings (about 3 tablespoons per serving

DIETARY EXCHANGES:
½ Fat

NUTRIENTS PER SERVING:	
Cal.:..... 33	Cal. from Fat:.. 49 %
Total Fat:... 2 g	Sat. Fat: ..... 1 g
Carb.:..... 3 g	Protein:..... 2 g
Chol.:..... 1 mg	Sodium:..... 271 mg
Fiber:..... <1 g	

Vanilla Pumpkin Pie

- 1 package (½ ounce, 4-serving size) fat-free, sugar-free instant vanilla pudding mix
- 1½ cups fat-free (skim) milk
- 1 cup canned pumpkin purée
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon sugar substitute
- 1 baked 8-inch reduced-fat pie crust

1. Whisk pudding mix and milk together in medium saucepan. Cook over medium heat 5 minutes or until mixture comes to a boil. Remove from heat and add pumpkin, cinnamon, nutmeg and sugar substitute. Mix well.

3. Pour mixture into crust. Chill 3 hours or until firm.

Makes 8 servings

Tip: *Make this recipe the day before and refrigerate overnight.*

DIETARY EXCHANGES:
1 Starch, 2 Fat

NUTRIENTS PER SERVING:	
Cal.:..... 158	Cal. from Fat:.. 45 %
Total Fat:... 8 g	Sat. Fat: ..... 2 g
Carb.:..... 19 g	Protein:..... 3 g
Chol.:..... 1 mg	Sodium:..... 308 mg
Fiber:..... 1 g	

Ham with Cherry Sauce

Ham

- **Ham steak (about 1½ pounds)**
- **Whole cloves**
- **Fresh parsley sprigs (optional)**

Cherry Sauce

- **1 can (14½ ounces) pitted tart red cherries in water, undrained**
- **½ cup unsweetened pineapple juice**
- **2 teaspoons lemon juice**
- **½ cup cornstarch**
- **½ cup measure-for-measure sugar substitute**
- **Red food coloring (optional)**
- **Parsley sprigs (optional)**

1. For ham, preheat oven to 325°F. Place ham in roasting pan. Stud surface of ham with cloves. Roast in oven 1 hour or until meat thermometer inserted in center of ham registers 160°F.

2. While ham cooks, make Cherry Sauce. Drain cherries, reserving 1 cup juice in glass measuring cup. Add enough pineapple juice to make 1 cup juice total. Combine juice mixture and lemon juice in medium saucepan. Whisk in cornstarch until smooth.

3. Heat mixture until boiling, whisking constantly. Stir in cherries. Cook over medium heat 2 minutes or until heated through. Stir in sugar substitute and, if desired, food coloring.

4. Slice ham. Drizzle cherry sauce over top or serve in bowl to pass at table. Garnish with parsley sprigs if desired.

Makes 8 servings
(3 ounces meat and about ¼ cup sauce per serving)

DIETARY EXCHANGES:
1 Fruit, 2 Meat

NUTRIENTS PER SERVING:			
Cal.:	162	Cal. from Fat:	20 %
Total Fat:	4 g	Sat. Fat:	1 g
Carb.:	16 g	Protein:	17 g
Chol.:	38 mg	Sodium:	1084 mg
Fiber:	1 g		

Bacon & Onion Cheese Ball

- **½ cup bottled real bacon bits**
- **½ cup fat-free sour cream**
- **1 (8-ounce) package fat-free cream cheese, softened**
- **¼ cup blue cheese crumbles**
- **½ cup chopped green onions**
- **Extra green onion for garnish (optional)**

1. Mix bacon bits, sour cream, cream cheese, blue cheese and green onions together in large mixing bowl.

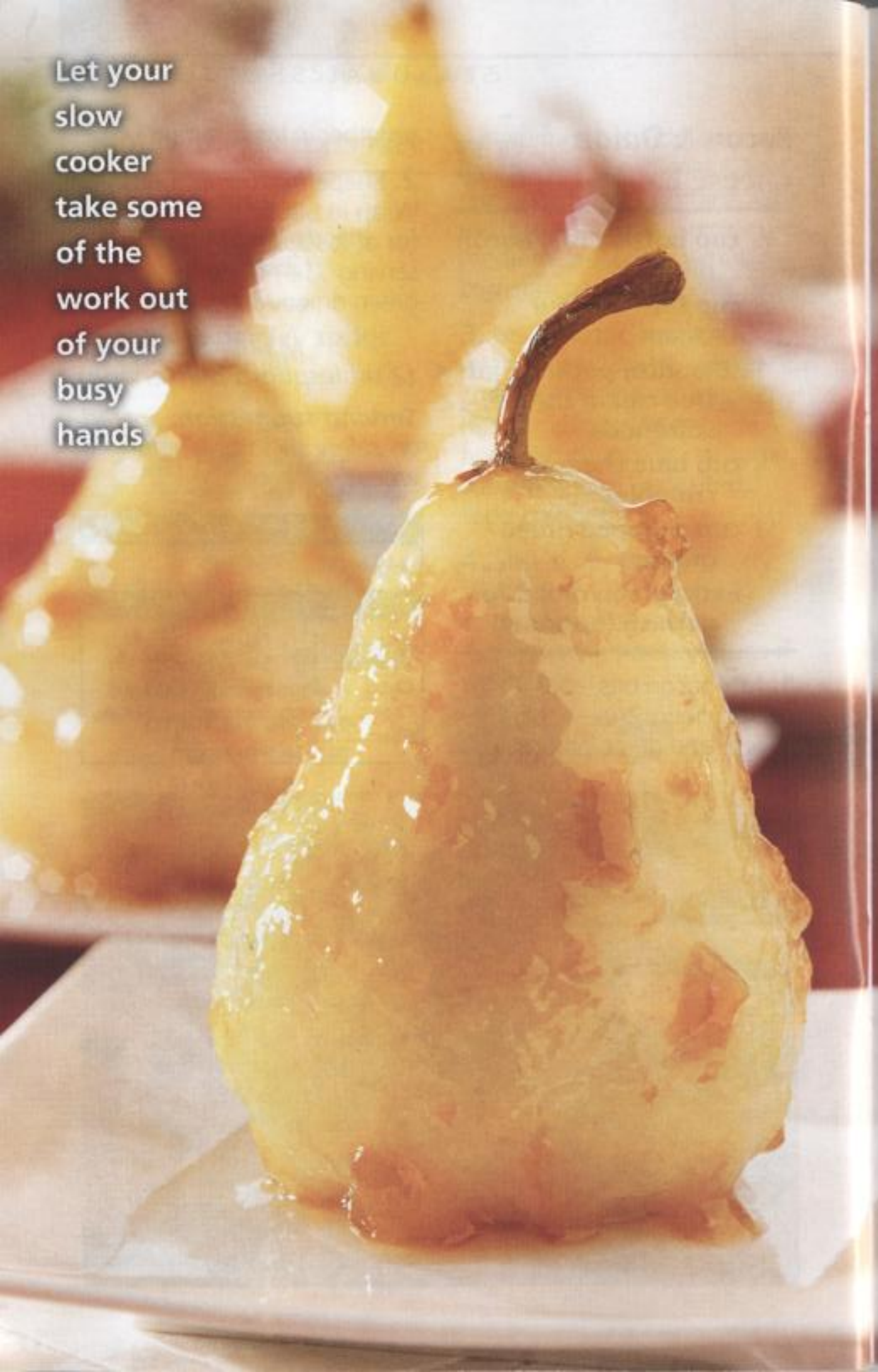
2. Shape mixture into ball. Wrap in plastic wrap and chill for at least 1 hour before serving. Garnish with sliced green onion, if desired.

Makes 20 servings
(2 tablespoons per serving)

Serving suggestion: *Spread on celery sticks or whole-wheat crackers.*

DIETARY EXCHANGES:
½ Meat

NUTRIENTS PER SERVING:			
Cal.:	34	Cal. from Fat:	34 %
Total Fat:	1 g	Sat. Fat:	1 g
Carb.:	2 g	Protein:	4 g
Chol.:	5 mg	Sodium:	179 mg
Fiber:	<1 g		



Holiday Slow Cooker

Pears with Apricot-Ginger Sauce

- Nonstick cooking spray
- ¼ cup water
- 4 whole firm pears, peeled with stems attached, about 2 pounds total
- 1 tablespoon lemon juice
- 2 tablespoons apricot fruit spread
- 1 teaspoon grated gingerroot
- ½ teaspoon vanilla
- ½ teaspoon cornstarch

1. Coat slow cooker with cooking spray. Add water and arrange pears, stem side up. Spoon lemon juice over pears. Cover and cook on HIGH for 2½ hours.

2. Remove pears and set aside on serving platter.

3. Combine remaining ingredients in a small bowl. Stir until cornstarch dissolves.

4. Add mixture to the water in slow cooker, whisking until blended. Cover and cook on HIGH for 15 minutes or until sauce thickens slightly. Spoon sauce over pears. Serve warm or room temperature.

Makes 4 servings

Note: *Use a vegetable peeler for easy peeling.*

DIETARY EXCHANGES:
2 Fruit

NUTRIENTS PER SERVING:			
Cal.:	120	Cal. from Fat:	1 %
Total Fat	<1 g	Sat. Fat:	<1 g
Carb.:	31 g	Protein:	1 g
Chol.:	0 mg	Sodium:	2 mg
Fiber:	5 g		

Seared Pork Roast with Currant Cherry Salsa

CARB

- 1½ teaspoons chili powder
- ¾ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon ground allspice
- 2 pound boneless pork loin roast
- Cooking spray
- ½ cup water
- 1 pound bag frozen dark cherries, thawed, drained and halved
- ¼ cup currants or dark raisins
- 1 teaspoon balsamic vinegar
- 1 teaspoon grated orange rind
- ⅛ to ¼ teaspoon dried pepper flakes

1. Combine chili powder, salt, garlic powder, paprika and allspice in small bowl. Sprinkle mixture over entire roast and press down firmly with fingertips to adhere.

2. Place a medium skillet over medium-high heat until hot. Coat skillet with cooking spray. Add pork and brown lightly.

3. Coat slow cooker with cooking spray Add pork (browned side up).

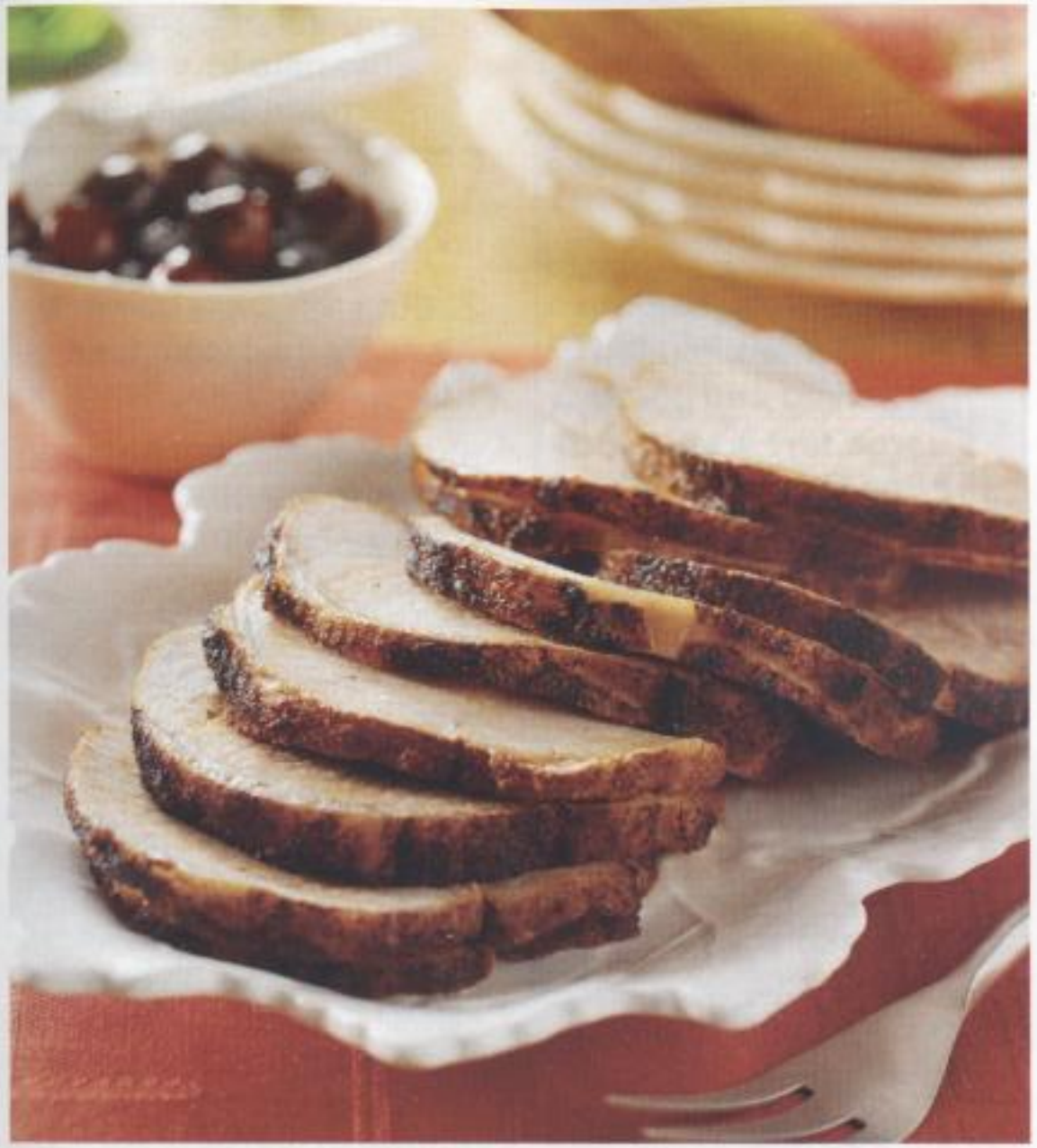
4. Add water to skillet and scrape pan to deglaze. Pour drippings around sides of the roast. Cover and cook on LOW for 2 hours or until meat reaches 145°F. (For tenderness, do not cook on HIGH or let meat go beyond 145°F)

5. Remove pork. Cover to keep warm. (The meat will continue to cook and the temperature will rise 10 to 12 degrees.)

6. Pour pan drippings through a paper towel-lined sieve. Set drippings aside.

7. Add cherries and remaining ingredients to slow cooker. Cover and cook on HIGH for 30 minutes.

8. To serve, slice pork and spoon pan drippings over



meat. Serve salsa in a bowl, warm or cold.

Serves 8 (3 ounces cooked pork, about 1 tablespoon drippings and 3 tablespoons salsa per serving)

Note: *Salsa can be thickened, if desired, with a little cornstarch stirred into liquid and returned to the slow cooker to thicken.*

DIETARY EXCHANGES:	
1 Fruit, 3 Meat	
NUTRIENTS PER SERVING:	
Cal.: 217	Cal. from Fat: .. 38 %
Total Fat.... 9 g	Sat. Fat: ..... 3 g
Carb.:..... 10 g	Protein:..... 23 g
Chol.:..... 72 mg	Sodium:..... 300 mg
Fiber: ..... 1 g	

Apple-Cranberry Crepes

Nonstick cooking spray
1 large baking apple, such as Gala or Jonathan, peeled, halved and cored
1 large tart apple, such as Granny Smith, peeled, halved and cored
¼ cup dried sweetened cranberries or cherries
2 tablespoons lemon juice
½ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
⅛ teaspoon ground cloves or allspice
1 tablespoon diet margarine
¼ cup orange juice
1 tablespoon measure for measure sugar substitute
¼ teaspoon almond extract
¾ teaspoon cornstarch
4 prepared crepes
⅛ to ¼ teaspoon ground cinnamon
1 cup no-sugar-added vanilla low-fat ice cream (optional)

1. Coat slow cooker with cooking spray.

2. Cut each apple half into 3 wedges (making a total of 12 wedges).

3. Place apple wedges, cranberries, lemon juice, ½ teaspoon of the cinnamon, nutmeg, and allspice in slow cooker, toss to coat. Cover and cook on LOW for 2 hours.

4. Add margarine to apple mixture and toss until just melted.

5. Combine orange juice, sugar substitute, almond extract and cornstarch in a small bowl. Stir until cornstarch dissolves. Add mixture to apples, stirring to blend. Cover and cook on HIGH for 15 minutes to thicken sauce slightly.

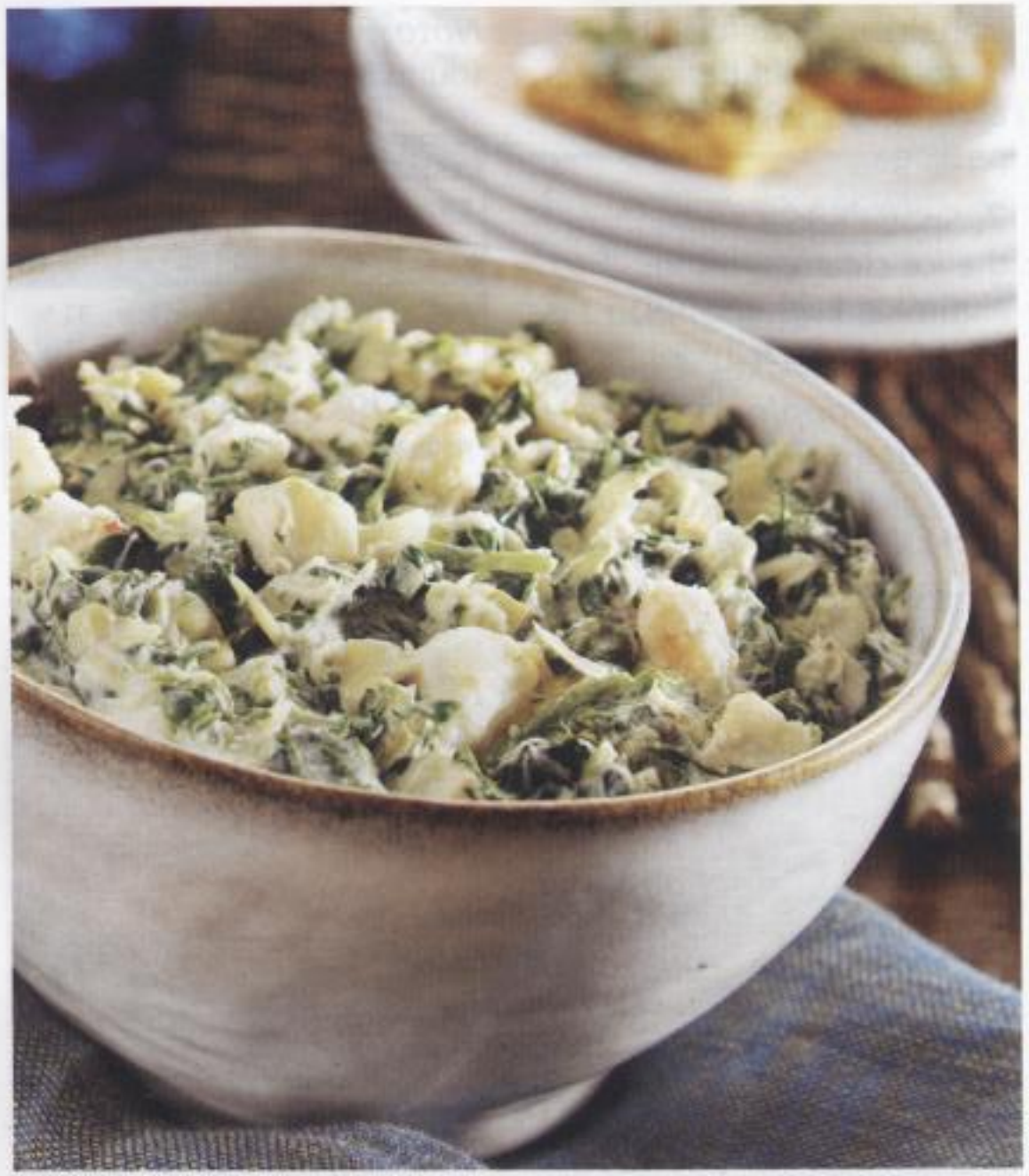
6. Place a crepe on each of 4 dessert plates. Spoon equal amounts of the apple mixture down the center of each crepe. Fold edges over; turn crepes over with seam side down on plate. Sprinkle with the remaining ⅛ teaspoon cinnamon. Heat filled crepes in microwave, if desired, according to directions on package.

7. Spoon equal amounts of the ice cream, if using, alongside each serving.

Makes 4 servings (3 apple wedges and about 1 tablespoon sauce, 1 crepe and ¼ cup ice cream per serving)

Note: Prepared crepes can be found in the produce section.

DIETARY EXCHANGES:	
1 Starch, 2 Fat, 1 Fruit	
NUTRIENTS PER SERVING:	
Cal.: 235	Cal. from Fat: .. 33 %
Total Fat.....9 g	Sat. Fat: ..... 2 g
Carb.:..... 34 g	Protein:..... 6 g
Chol.:.... 101 mg	Sodium:..... 221 mg
Fiber: ..... 3 g	



Spinach, Crab and Artichoke Dip

CARB

- 1 package (10 ounces) frozen chopped spinach, thawed and squeeze nearly dry
- 1 tub (8 ounces) reduced-fat cream cheese
- 1 jar (6 to 7 ounces) marinated artichoke hearts, drained and finely chopped
- 1 can (6½ ounces) crab meat, drained and shredded
- ¼ teaspoon hot pepper sauce

Combine spinach, cream cheese, artichoke hearts, crab meat and pepper sauce in 1½-quart slow cooker. Cover and cook on HIGH for 1½ to 2 hours or until hot, stirring dip after 1 hour. (Dip will stay warm in slow cooker for 2 hours).

Makes 10 (¼-cup) servings

Serving suggestion: *Serve with Melba toast or whole-wheat, trans-fat-free crackers.*

DIETARY EXCHANGES:

1 Vegetable, 1½ Fat

NUTRIENTS PER SERVING:

Cal.: 99	Cal. from Fat: 63 %
Total Fat: 7 g	Sat. Fat: 3 g
Carb.: 3 g	Protein: 6 g
Chol.: 29 mg	Sodium: 295 mg
Fiber: 1 g	

Black Bean Dip

CARB

- 1 can (15 to 16 ounces) fat-free refried black beans
- ½ cup chunky salsa
- ½ cup reduced-fat cream cheese
- ½ cup (2 ounces) shredded pepperjack or Monterey Jack cheese
- ½ teaspoon ground cumin
- ½ cup chopped cilantro or green onion

Combine refried beans, salsa, cream cheese, cheese and cumin in 1½-quart slow cooker. Cover and cook on HIGH for 1½ to 2 hours or until hot, stirring once after 1 hour. Stir in cilantro. (Dip will stay warm in covered slow cooker for 2 hours).

Makes 8 (¼-cup) servings

Serving suggestion: *Serve with baked corn tortilla chips and red, green and yellow bell pepper strips.*

DIETARY EXCHANGES:

1 Meat, ½ Starch

NUTRIENTS PER SERVING:

Cal.: 100	Cal. from Fat: 42 %
Total Fat: 5 g	Sat. Fat: 3 g
Carb.: 9 g	Protein: 5 g
Chol.: 15 mg	Sodium: 408 mg
Fiber: 2 g	

Hot Pineapple Spiced Punch

- 2 cups pineapple juice
- 2 cups orange juice
- 2 cups apple juice
- 1 cup hot water
- ¼ cup lemon juice
- 8 whole cloves
- 2 cinnamon sticks
- 4 pieces crystallized ginger (about 1 teaspoon)
- ¼ cup sugar substitute
- 1 medium orange, unpeeled and thinly sliced
- 1 medium lemon, unpeeled and thinly sliced

1. Combine pineapple juice, orange juice, apple juice, water, lemon juice, cloves, cinnamon sticks and ginger in slow cooker. Cover and cook on HIGH for 3 hours or on LOW for 6 hours.

2. Add sugar substitute, orange slices and lemon slices. Cover and let stand 15 minutes. Remove cinnamon sticks before serving. Remove cloves, also, if desired.

Note: *Fill an emptied teabag with the cloves, tie securely with the string of the teabag and place in the slow cooker for easy removal of cloves. This is a great make-ahead and also freezes well. Cool completely before freezing.*

Makes 8 (¾-cup) servings

DIETARY EXCHANGES:	
2 Fruit	
NUTRIENTS PER SERVING:	
Cal.: 106	Cal. from Fat: .... 2 %
Total Fat ..<1 g	Sat. Fat: ..... <1 g
Carb.: ..... 28 g	Protein: ..... 1 g
Chol.: ..... 0 mg	Sodium: ..... 4 mg
Fiber: ..... 1 g	

Holiday Mocha

- ¼ cup sugar substitute
- 2 tablespoons unsweetened cocoa
- 6 cups brewed coffee
- 1 cup low-fat (1%) milk
- 6 tablespoons frozen low-fat whipped topping (optional)

Combine sugar substitute and cocoa in slow cooker. Stir in coffee and milk. Cover and cook on HIGH for 1½ hours or on LOW for 3 hours or until hot. (May be kept warm on low up to 3 hours.) Stir well before serving. Top with whipped topping and a sprinkling of cocoa powder or cinnamon, if desired.

Makes 8 (¾-cup) servings

DIETARY EXCHANGES:	
Free Food	
NUTRIENTS PER SERVING:	
Cal.: 20	Cal. from Fat: .. 30 %
Total Fat...<1 g	Sat. Fat: ..... <1 g
Carb.: ..... 3 g	Protein: ..... 1 g
Chol.: ..... 3 mg	Sodium: ..... 16 mg
Fiber: ..... <1 g	

Turkey Meatballs in Cranberry-Barbecue Sauce

- 1 can (16 ounces) jellied cranberry sauce
- ½ cup barbecue sauce
- 1 egg white
- 1 pound 93% lean ground turkey
- 1 green onion with top, sliced
- 2 teaspoons grated orange peel
- 1 teaspoon reduced-sodium soy sauce
- ¼ teaspoon black pepper
- ⅛ teaspoon ground red pepper (optional)
- Nonstick cooking spray

1. Combine cranberry sauce and barbecue sauce in slow cooker. Cover and cook on HIGH for 30 minutes.

2. Beat egg white lightly in medium bowl. Add turkey, onion, orange peel, soy sauce, black pepper and red pepper, if desired. Mix until blended. Shape into 24 balls.

3. Spray large nonstick skillet with cooking spray. Add meatballs to skillet. Brown over medium heat 8 to 10 minutes or until meatballs are cooked through. Add meatballs to slow cooker.

4. Reduce heat to LOW. Cover and cook 3 hours.

Makes 12 servings (2 meatballs per serving)

DIETARY EXCHANGES:	
1 Fruit, 1 Lean Meat, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 137	Cal. from Fat: .. 27 %
Total Fat.....4 g	Sat. Fat: ..... 1 g
Carb.: ..... 18 g	Protein: ..... 7 g
Chol.: ..... 19 mg	Sodium: ..... 206 mg
Fiber: ..... 1 g	

Mulled Cranberry Cider

- 8 cups (½ gallon) low-calorie cran-raspberry or cran-apple juice cocktail
- 3 cinnamon sticks
- 10 whole cloves
- 1 cup rum or brandy (optional)

Pour juice cocktail into slow cooker. Tie cinnamon sticks and cloves in cheesecloth. Add spice bundle to slow cooker. Cover and cook on HIGH for 2 hours or on LOW for 4 hours or until hot. (May be kept warm on low up to 3 hours.) Discard cheesecloth bag. If desired, stir in rum or brandy just before serving in mugs. Garnish with additional cinnamon sticks, if desired.

Makes 8 (1-cup) servings

DIETARY EXCHANGES:	
½ Fruit	
NUTRIENTS PER SERVING:	
Cal.: 32	Cal. from Fat: <1 %
Total Fat <1 g	Sat. Fat: <1 g
Carb.: 8 g	Protein: <1 g
Chol.: 0 mg	Sodium: 60 mg
Fiber: <1 g	

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CALL 1-800-893-7512

for this FREE Information Kit about the risks, the diagnosis, and treatment options.

Poor circulation in the legs may be caused by a condition known as Peripheral Artery Disease (P.A.D.). This disease can put you at a 6-times greater risk for a heart attack or stroke.

If you're over 50, with risks for heart disease, you could have P.A.D.

Most people with P.A.D. have no symptoms, but you may experience pain or heaviness in your legs when walking. To learn more, order your Information Kit today and see your doctor about P.A.D.

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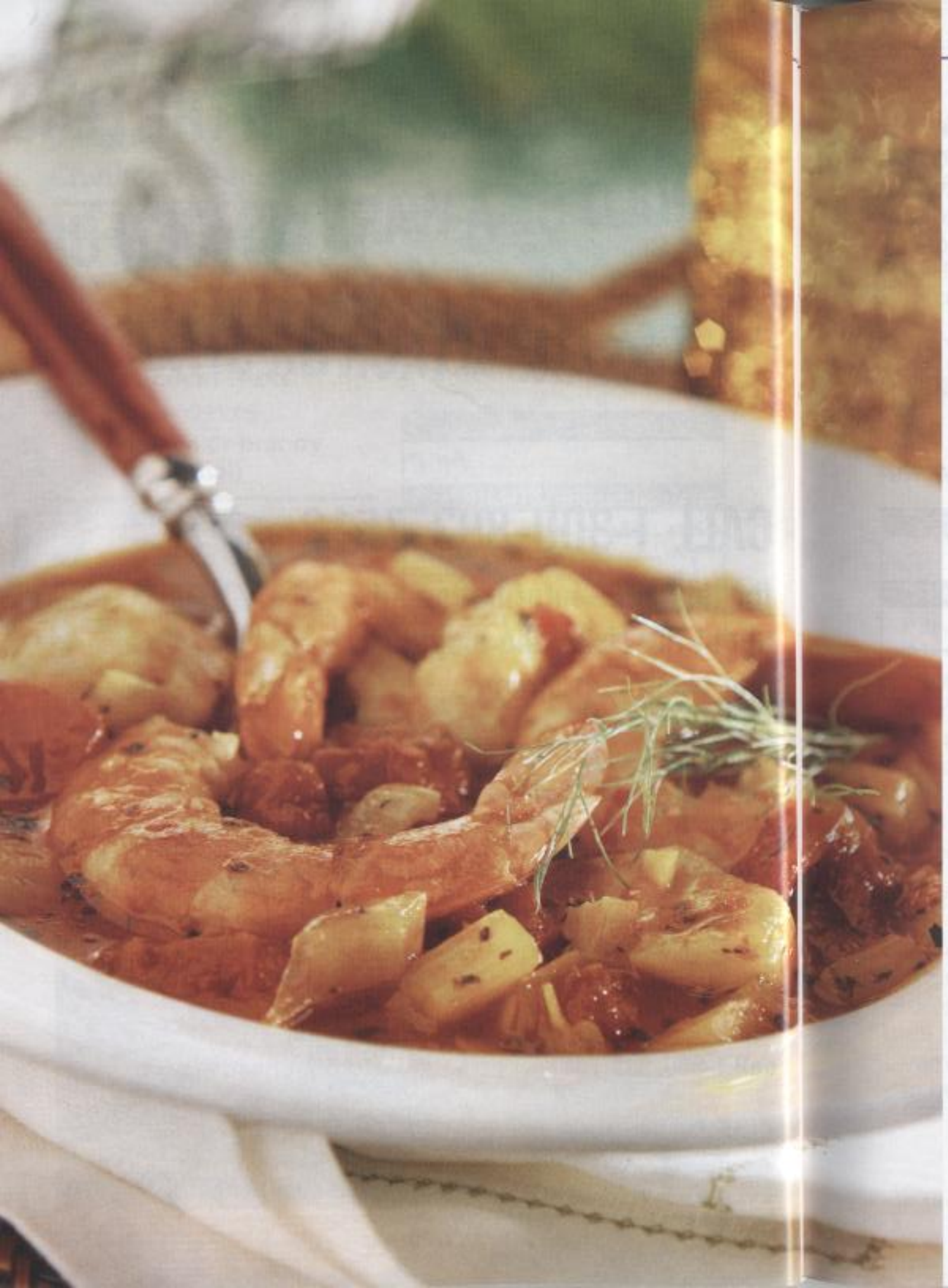


Italian Fish Soup

CARB

- 1 can (14½ ounces) reduced-sodium chicken broth
- 1 can (14½ ounces) pasta-style or Italian seasoned diced tomatoes, undrained
- 1 small fennel bulb, chopped (1 cup chopped fennel; reserve fennel fronds for garnish)
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- ½ teaspoon saffron threads, crushed (optional)
- ½ teaspoon dried basil
- ¼ teaspoon crushed red pepper flakes
- 8 ounces skinless fresh halibut or cod fish fillet, cut into 1-inch chunks
- 8 ounces uncooked peeled and deveined medium shrimp

1. Combine broth, tomatoes, fennel, garlic, oil, saffron, basil and pepper flakes in slow cooker. Cover and cook on LOW for 4 to 5 hours or on HIGH for 2½ to 3 hours or until fennel is tender.

2. If heat was on LOW, turn heat to HIGH. Stir in halibut and shrimp. Cover and cook for 15 to 30 minutes or until shrimp and halibut are opaque and flake easily with fork. Ladle soup into shallow bowls. Garnish with chopped fennel fronds.

Makes 4 servings (about 1½ cups per serving)

DIETARY EXCHANGES:	
1 Vegetable, 3 Meat	
NUTRIENTS PER SERVING:	
Cal.: 203	Cal. from Fat: .. 29 %
Total Fat.....6 g	Sat. Fat: ..... 1 g
Carb.:..... 8 g	Protein:..... 26 g
Chol.:.... 115 mg	Sodium:..... 449 mg
Fiber: ..... 2 g	

Curried Fruit Sauce

- Nonstick cooking spray
- 8 ounces frozen unsweetened peach slices, partially thawed and halved crosswise
- 8 ounces fresh or canned pineapple chunks, packed in juice, drained
- 1 medium baking apple, unpeeled, halved, cored and cut in 1-inch pieces
- 1 medium tart apple, unpeeled, halved, cored and cut in 1-inch pieces
- ¼ cup dried apricots, diced
- ½ teaspoon curry powder
- 2 tablespoons sugar substitute
- 2 tablespoons diet margarine
- ½ teaspoon vanilla extract
- ½ teaspoon curry powder

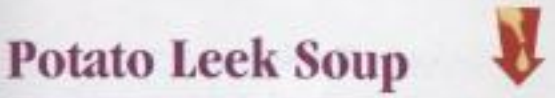
1. Coat slow cooker with cooking spray. Add peaches, pineapple, apples, apricots and curry powder. Stir to blend. Cover and cook on LOW for 3 hours or on HIGH for 1½ hours.

2. Turn off heat and stir in remaining ingredients. Let stand uncovered 15 minutes to absorb flavors.

Makes 9 (⅓-cup) servings

DIETARY EXCHANGES:	
1 Fruit	
NUTRIENTS PER SERVING:	
Cal.: 59	Cal. from Fat: 19 %
Total Fat: 1 g	Sat. Fat: <1 g
Carb.: 13 g	Protein: 1 g
Chol.: 0 mg	Sodium: 32 mg
Fiber: 2 g	

Potato Leek Soup



- 3 large leeks, white and light green parts thinly sliced (about 2 cups)
- 4 cups reduced-sodium chicken broth (32-ounce box)
- 2 large baking potatoes (1½ to 2 pounds), peeled, cubed
- ¼ teaspoon ground white pepper
- ½ cup reduced-fat sour cream
- Chopped chives or dill (optional)

1. Combine leeks, broth, potatoes and pepper in 2½- to 4-quart slow cooker. Cover and cook on HIGH for 3 to 4 hours or on LOW for 7 to 8 hours or until vegetables are tender.

2. Purée soup in slow cooker using hand-held immersion blender. Alternatively, transfer mixture in batches to food processor or blender. Blend until smooth. Stir in sour cream. (At this stage, soup can be refrigerated up to 2 days before serving.) At serving time, top with chives or dill, if desired.

Makes 6 (1¼-cup) servings

DIETARY EXCHANGES:	
1½ Starch, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 131	Cal. from Fat: 19 %
Total Fat: 3	Sat. Fat: 1 g
Carb.: 20 g	Protein: 7 g
Chol.: 23 mg	Sodium: 286 mg
Fiber: 2 g	

Chunky Veggie Dip

- Nonstick cooking spray
- 1 medium red bell pepper, chopped
- 1 large green bell pepper, chopped
- ½ medium onion, finely chopped
- 1 celery stalk, chopped
- ⅛ teaspoon crushed pepper flakes
- 2 tablespoons water
- ¼ cup fat-free (skim) milk
- ¾ teaspoon cornstarch
- 4 ounces shredded reduced-fat sharp Cheddar cheese
- 2 ounces reduced-fat cream cheese
- ¾ teaspoon salt
- 1 jar (4 ounces) diced pimiento

1. Coat slow cooker with cooking spray. Add red and green peppers, onion, celery, pepper flakes and water. Cover and cook on LOW for 3 hours or until celery is tender.

2. Combine milk and cornstarch in small bowl, stirring until cornstarch dissolves. Add to pepper mixture with cheddar and cream cheese. Press down on cream cheese with rubber spatula until well blended. Stir in pimiento and salt. Cover and cook 15 minutes or until thickened.

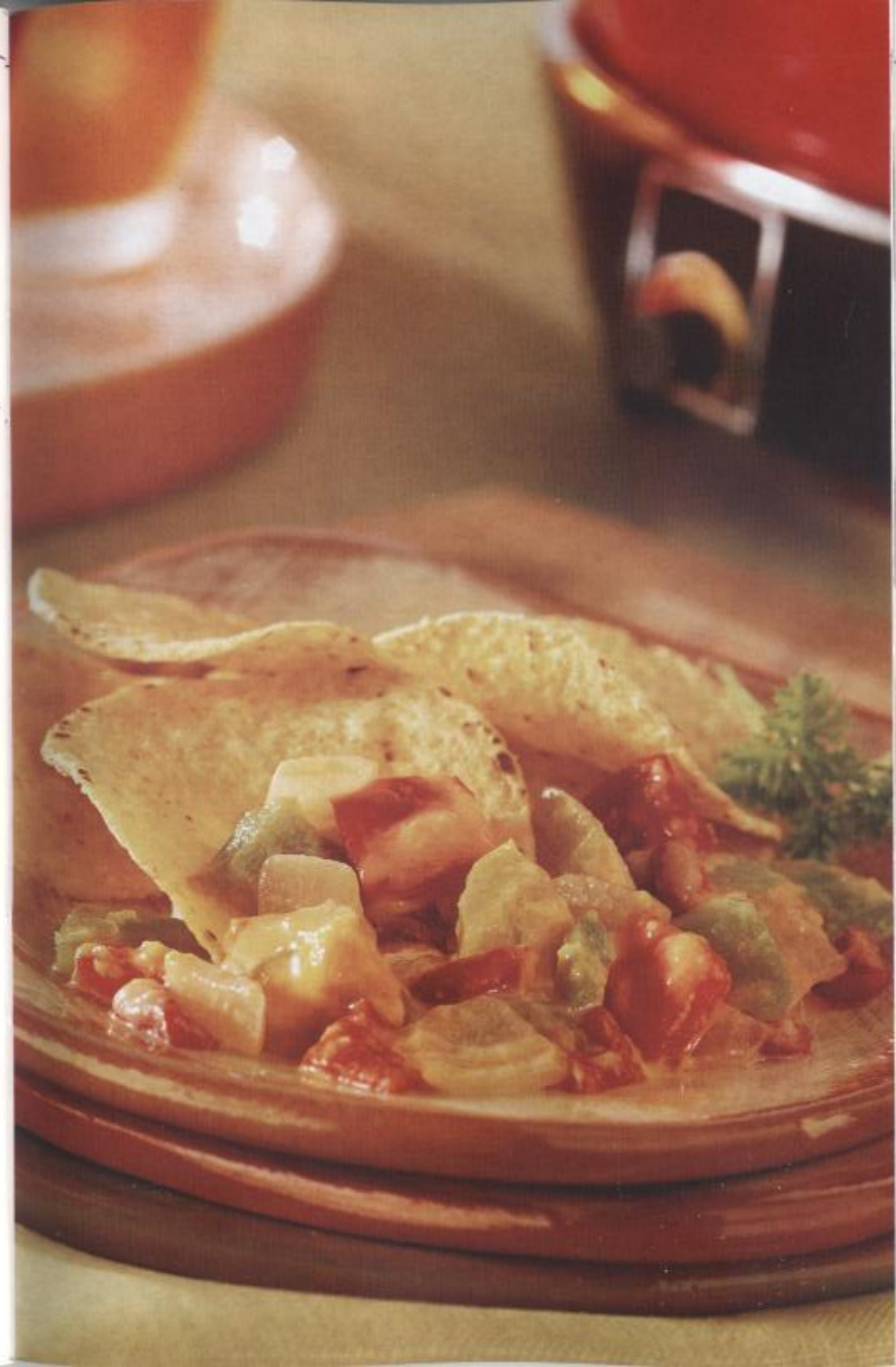
Makes 12 (¼-cup) servings

Serving suggestion: *Serve with baked corn tortilla chips.*

Note: *Alternatively, use soft corn tortillas. Cut each tortilla into 6 wedges and bake in a single layer on a baking sheet at 350°F for 10 minutes. Cool completely before serving. Chips will firm as they cool.*

DIETARY EXCHANGES:
1 Vegetable, ½ Fat

NUTRIENTS PER SERVING:			
Cal.:	47	Cal. from Fat:	49 %
Total Fat	3 g	Sat. Fat:	2 g
Carb.:	3 g	Protein:	3 g
Chol.:	9 mg	Sodium:	254 mg
Fiber:	1 g		



Hanukkah Beef Brisket

- **1 large onion, thinly sliced**
- **1 small (2 to 2½ pounds) well-trimmed, first-cut beef brisket**
- **½ teaspoon salt**
- **½ teaspoon black pepper**
- **⅔ cups chili sauce, divided**
- **1½ tablespoons brown sugar**
- **¼ teaspoon cinnamon**
- **2 large sweet potatoes, peeled, cut into 1-inch pieces**
- **1 cup (5 ounces) pitted dried plums (prunes)**
- **2 tablespoons cornstarch**
- **2 tablespoons cold water**

1. Place onion in slow cooker. Place brisket over onions (tucking edges under to fit, if necessary). Sprinkle salt and pepper over brisket. Spoon ⅓ cup chili sauce over brisket. Cover and cook on HIGH for 3½ hours.

2. Mix remaining ⅓ cup chili sauce, brown sugar and cinnamon together in large mixing bowl. Add sweet potatoes and prunes; toss to coat. Spoon mixture over brisket. Cover and cook on HIGH for 1¼ to 1½ hours or until brisket and sweet potatoes are tender.

3. Transfer brisket to carving board; tent with foil. Transfer vegetables to serving dish, leaving juices in slow cooker. Keep vegetables warm.

4. Mix cornstarch with water until smooth. Stir mixture into slow cooker juices. Cover and cook on HIGH for 10 minutes or until sauce thickens .

5. Carve brisket crosswise into thin slices. Arrange on serving platter with vegetables. Top with juices.

Makes 8 servings (4 ounces meat, ½ cup sweet potatoes and ¼ cup sauce per serving)

DIETARY EXCHANGES:	
2 Starch, 3 Meat	
NUTRIENTS PER SERVING:	
Cal.: 284	Cal. from Fat:.. 22 %
Total Fat.... 7 g	Sat. Fat: ..... 2 g
Carb.:..... 30 g	Protein:..... 25 g
Chol.: ..... 68 mg	Sodium:..... 523 mg
Fiber: ..... 4 g	

Managing Type 1 Diabetes at Work

Insulin Issues

By Peggy A. Eastmond, R.D.

The Situation

Hard work was paying off for Kathy C. She was one of just a few people up for promotion, even though she had only been with her company for 10 months. That meant occasional late work nights and semiregular business travel, and because she has type 1 diabetes, Kathy had been working closely with her healthcare team to adjust her insulin regimen and eating routine.

Although Kathy was confident about her good work, she felt very nervous about her performance review interview with her supervisor, scheduled for 11:30 a.m. She felt jittery and her stomach felt funny. She usually ate a small midmorning snack at her desk, but that day she ate a few raisins instead.

As the hour of the interview grew closer, Kathy felt kind of shaky and sweaty. She knew she was stressing over the interview, but she wondered if she could be having a hypoglycemic reaction. She didn't feel completely horrible—just a little "off." After going back and forth in her mind about what to do, Kathy finally called her supervisor to reschedule the interview. "I didn't want to ruin my chances at the promotion only because I wasn't feeling well," she said.

Kathy's supervisor, who knew she had type 1 diabetes, was very understanding and willing to reschedule the interview for later in the week. However, Kathy still felt very embarrassed about the entire situation. "I ate breakfast and took my insulin as usual. What happened?"

The Analysis

New research shows that people with type 1 diabetes rarely experience episodes of severe low blood sugar in the workplace [*Source: Diabetes Care 2005; 28:1333-1338*]. Kathy's reaction, which can be considered mild, could possibly have been avoided if she ate her entire midmorning snack before the interview. She was under stress, so she didn't adhere to her normal eating schedule. In addition, the stress itself may have had an effect on her blood sugar, as well.

Kathy also should have checked her blood sugar level immediately after noticing her symptoms. If you are ever sweating and shaking, and/or have a pounding heart beat at work, you might not know if it's from stress or hypoglycemia unless you test your blood sugar. And finally, Kathy may want to check in again with her healthcare team to make sure her insulin dosages, timing, and eating schedule regimen are still appropriate.

Carrying a diabetes kit with you at all times (especially at work) is essential to your health. Here's what you'll find in the average kit:

- ✔ One or two types of insulin in small vials or prefilled syringes
- ✔ Syringes or insulin pen (holds premeasured insulin cartridge and includes needle)
- ✔ Antiseptic wipes for cleaning injection sites
- ✔ Blood glucose meter
- ✔ Glucose meter strips
- ✔ Lancet device for doing blood tests
- ✔ Extra lancets
- ✔ Blood sugar logbook and pens
- ✔ Tissues and cotton balls
- ✔ Snacks containing quickly digestible sugar (e.g., raisins, orange juice)

Tales From the Front

Kids Cook!

A cooking teacher and her young students talk about cooking and eating right

By Karen Straus

"What," asks Janet Burgess, "is the most important thing we do before cooking?"

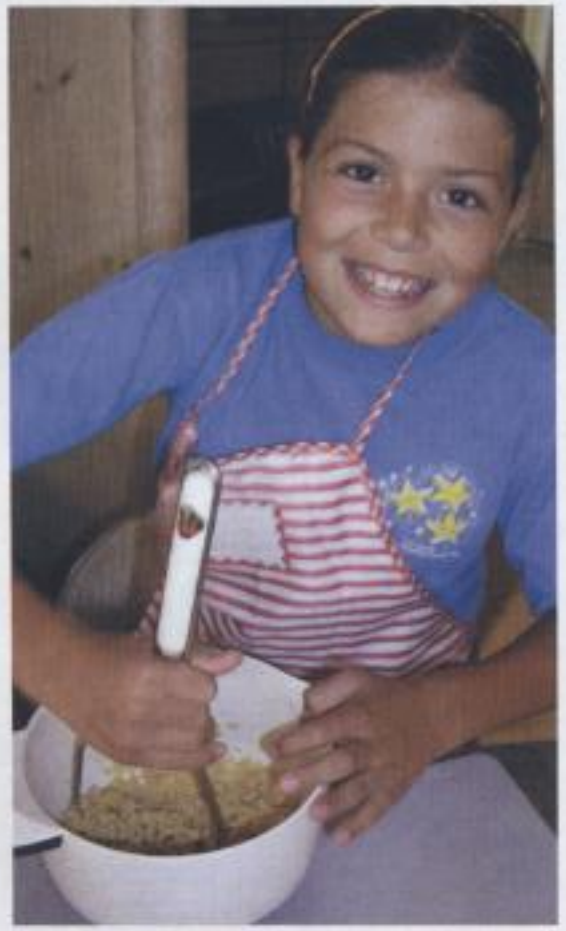
Hands shoot up around the classroom, located off the home kitchen of her San Diego-based cooking school, Culinary Adventures. "Wash our hands!" her students shout, waving their hands in the air.

"You're right!" says Burgess. "What is the second thing?"

No hands shoot up and wave in the air this time. "We have to turn on the oven!" Burgess says. "You don't want to pre-

Andy H., Patrick and Cathy D., and Remington M. mix ingredients together.

Alex gets a helping hand from Janet Burgess.



pare all of this great food, carry it over to the oven, and not have the oven turned on!" And, as always, she reminds her students that adults should be present when using kitchen equipment such as the oven, stove, or knives.

So begins a cooking class for kids called "Healthy Snack Alternatives." Nearly a dozen students, ranging in age from 6 to 14, are seated at two long tables covered with brightly colored plastic tablecloths. The students wear aprons in a variety of hues, as well as playful nametags. The atmosphere is fun and casual, with Burgess's cheery demeanor moving the class along at a brisk clip.

Before getting down to cooking, Burgess reviews a handout of the most important foods to include in a healthy diet. She asks which of these "superfoods" the kids have tried or already enjoy eating.

One of the superfoods, the bean family, includes chick-peas, also called garbanzo beans. The first recipe the kids will prepare is Mini Chick-pea Cakes. Chick-peas, Burgess explains, are an excellent source

Remington mashes chick-peas (top) and Patrick stirs chick-pea cake mixture together.

Cathy learns how to handle a grater while grating cheese.

of protein, fiber, a variety of vitamins as well as important plant chemicals that help prevent disease and aging. Protein and fiber also help keep blood sugar stable.

Another recipe, Vegetable Nachos, contains tomatoes. This superfood contains lycopene, and vitamins B and C, which can help lower cholesterol and reduce the risk of disease. The final recipe, Fruit Kebobs, features a variety of colorful fruit, all of which provide multiple nutrients that add up to good health.

Burgess now asks a couple of student volunteers to help cut up ingredients, which immediately leads to a discussion of knife safety. "Don't," says Burgess, "hold a knife blade up. Always hold the blade down. And when passing a knife to another person, hold

Cathy D. and Remington M. measure out yogurt.

the blade away from the person." Another safety tip: Never put sharp knives into a sinkful of sudsy water with dishes. Leave knives out on the counter in plain view so they can be picked up and washed without risking cuts.

Burgess shows older students how to make round vegetables flat with a quick slice off the bottom or side. "That way you don't have to chase a tomato all over the cutting board or table," she explains. For tomatoes, Burgess recommends a serrated knife to make slicing a snap. She also uses flexible cutting mats because they're lightweight and a great way to carry vegetables to the cooking pot. Even better, they're easy to clean and store. For students a bit too young to handle knives, Burgess demonstrates how to cut up herbs in a plastic measuring cup using safety scissors.

After chopping, slicing, and snipping, students take turns mashing chick-peas with a potato masher. They also learn how to use a grater while preparing carrots for the chick-pea cakes. During preparations, Burgess keeps up a constant stream of questions and tips. "Do you watch cooking shows? Who are your favorites? Do you know why we are using egg in the recipe? That's right, it's like glue to hold the cakes together!" At that moment a piece of eggshell drops into the mixing bowl. Burgess shows the kids how to use a larger piece of eggshell to dip the broken piece out of the chick-pea mixture.

For the Fruit Kebobs, Burgess explains that the yogurt dipping sauce contains just a little bit of honey, and that the sausage does not require cooking on the stove, just heating in the microwave, making it an easy after-school snack for almost any child to prepare.

With all of the recipes prepared, it's time to dig into the food. As the kids sample the fruit of their morning labors, Burgess asks them what they think of the dishes. "Are these snacks healthier than cookies after school? What superfoods have we used that are on your list?"

When the doorbell rings and parents and grandparents arrive to pick up kids, they are met at the door by excited youngsters bearing paper plates full of food. "Look what I made! Look what I made! It's so good!"

With classes like these taught by Burgess, a new generation of children gains valuable skills they will need to live healthy lives.

THE SUPERFOODS LIST

Eating the following superfoods as part of your daily meals and snacks will help you stay healthy now and into the future. Each food provides specific health-giving benefits.

1. **BEANS:** All kinds such as fresh or frozen green beans, sugar snap peas, green peas, and limas, as well as dried or canned varieties such as pinto, navy, kidney, and chick-pea.

   BENEFITS: Fiber, protein, vitamins, and powerful plant chemicals that help to protect against diseases and aging

2. **BERRIES:** All kinds, especially blueberries, cranberries, boysenberries, raspberries, blackberries, and strawberries, as well as purple grapes, currants, and cherries, in fresh, frozen, and dried forms.

   BENEFITS: Vitamins, minerals, and powerful plant chemicals that help to protect against diseases and aging

3. **BROCCOLI:** And other green and green/white vegetables such as Brussels sprouts, cabbage, turnips, and cauliflower.

   BENEFITS: Cancer-fighting compounds, iron, fiber, and calcium

4. **OATS:** And other whole grains such as brown rice, barley, wheat, buckwheat, rye, millet, bulgur, amaranth, quinoa, yellow corn, and couscous.

   BENEFITS: Fiber, protein, complex carbohydrates to help steady blood sugar, vitamins, minerals, and iron

5. **ORANGES:** And other citrus such as lemons, grapefruit, tangerines, and limes, as well as kumquats.

   BENEFITS: Vitamins, especially C, fiber, cancer-fighting compounds, and pectin to help lower blood sugar and cholesterol

6. **PUMPKIN:** And other orange-colored vegetables such as carrots, butternut squash, sweet potatoes, and orange bell peppers.

   BENEFITS: Fiber, vitamins, minerals, and powerful plant chemicals that help protect against diseases and aging

7. **FISH:** Such as wild-caught salmon, canned albacore tuna, sardines, and herring.

   BENEFITS: Omega-3 fatty acids for heart health and vitamins to help protect the immune system

8. **SOY FOODS:** All kinds, such as tofu, soymilk, soy nuts, edamame beans, tempeh, and miso.

   BENEFITS: High-quality plant protein, plant-based omega-3 fatty acids for heart health, and powerful plant chemicals to help protect against diseases

9. **SPINACH:** And other dark, leafy greens such as kale, collard greens, Swiss chard, mustard greens, turnip greens, bok choy, romaine lettuce, arugula, and mixed baby greens.

   BENEFITS: Vitamins, minerals, and powerful plant chemicals that help protect against diseases, especially cancers

10. **TOMATOES:** Especially cooked tomatoes such as pasta sauce and canned tomatoes, as well as fresh tomatoes and other red fruits such as watermelon, persimmon, red-fleshed papaya, and strawberry guava.

    BENEFITS: Lycopene, which helps protect against diseases and aging, vitamins, and helps lower cholesterol

11. **TURKEY:** Lean, skinless breasts or lean, skinless chicken breasts.

    BENEFITS: Low-fat protein, vitamins, minerals, and iron

12. **WALNUTS:** Or other nuts such as almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, and cashews as well as nut butters.

    BENEFITS: Plant-based omega-3 fatty acids that help protect against diseases, especially heart disease and other chronic ailments, as well as helping to lower blood sugar

13. **YOGURT:** Low-fat, plain, as well as low-fat, plain kefir (a drinkable form of live, active cultured yogurt).

    BENEFITS: Low-fat protein, calcium, vitamins, and active yogurt cultures for digestive health

Recipes on pages 86 and 87 adapted from Kids Cook! Healthy Snack Alternatives, taught by Janet Burgess of Culinary Adventures Cooking School, San Diego, California

Vegetable Nachos

1 cup diced tomato
1 package (10 ounces) frozen corn, thawed and slightly cooked
¼ cup diced green bell pepper
2 tablespoons sliced green onions
2 tablespoons chopped ripe black olives
2 tablespoons chopped mild green chilies
2 tablespoons white vinegar
¼ teaspoon garlic powder
⅛ teaspoon black pepper
½ bag (7 ounces) baked corn tortilla chips
1 cup shredded reduced-fat Cheddar cheese
½ cup chopped parsley

1. Preheat broiler. Mix tomato, corn, green pepper, onion, olives, chilies, vinegar, garlic powder and black pepper together in mixing bowl.

2. Spread tortilla chips evenly on baking sheet. Top with vegetable mixture. Sprinkle with cheese. Broil 6 inches from heat for 1 minute or until cheese melts. Sprinkle with parsley and serve.

Makes 4 servings

DIETARY EXCHANGES:	
2 Vegetable, 2 Starch, 1½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 268	Cal. from Fat: .. 26 %
Total Fat:... 8 g	Sat. Fat: ..... 4 g
Carb.:..... 41 g	Protein:..... 12 g
Chol.:..... 20 mg	Sodium:..... 391 mg
Fiber: ..... 6 g	

Mini Chick-pea Cakes

Nonstick cooking spray
1 can (15 ounces) chick-peas, drained and rinsed
1 cup shredded carrots
⅓ cup seasoned dry bread crumbs
¼ cup reduced-fat creamy Italian salad dressing
1 egg

1. Preheat oven to 375°F. Spray baking sheet with cooking spray.

2. Mash chick-peas coarsely with potato masher in mixing bowl. Stir in carrots, bread crumbs, salad dressing and egg. Mix well.

3. Using a tablespoon, form patties. Place patties on prepared baking sheet.

4. Bake 15 to 18 minutes, turning once halfway through baking, or until patties are lightly browned on both sides. Serve with additional warmed dressing for dipping, if desired.

Makes 24 cakes (3 cakes per serving)

DIETARY EXCHANGES:	
1 Starch, ½ Fat	
NUTRIENTS PER SERVING:	
Cal.: 102	Cal. from Fat: .. 17 %
Total Fat:... 2 g	Sat. Fat: ..... <1 g
Carb.:..... 17 g	Protein:..... 4 g
Chol.:..... 27 mg	Sodium:..... 314 mg
Fiber: ..... 3 g	

Fruit Kebobs

2 cups plain low-fat yogurt
4 tablespoons honey
1 package (8 ounces) precooked sausage links
1 small cantaloupe, peeled, seeded and cut into 1-inch cubes
1 cup green seedless grapes
1 cup red seedless grapes
2 small red apples, cored and cut into 1-inch cubes
1 pint strawberries, hulled and halved
8 bamboo skewers

1. Mix yogurt and honey together in small bowl. Refrigerate until ready to serve.

2. Heat sausage in microwave following package directions or until heated through. Cut each length in half crosswise.

3. Thread fruit and sausage on skewers, alternating melon, grapes, apples, berries and sausage pieces.

4. Serve kebobs with yogurt sauce for dipping.

Makes 8 skewers (1 skewer per serving)

DIETARY EXCHANGES:	
1 Meat, 1 Fruit	
NUTRIENTS PER SERVING:	
Cal.: 187	Cal. from Fat: .. 13 %
Total Fat:... 3 g	Sat. Fat: ..... 1 g
Carb.:..... 35 g	Protein:..... 9 g
Chol.:..... 17 mg	Sodium:..... 303 mg
Fiber: ..... 3 g	

Chicken Nuggets with Barbecue Dipping Sauce

- 1 pound boneless skinless chicken breasts
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- Dash black pepper
- 2 cups crushed reduced-fat baked cheese crackers
- 1 teaspoon dried oregano
- 1 egg white
- 1 tablespoon water
- 3 tablespoons barbecue sauce
- 2 tablespoons all-fruit peach or apricot jam

1. Preheat oven to 400°F. Rinse chicken. Pat dry with paper towels. Cut into 40 (1-inch) pieces.

2. Place flour, salt, if desired and pepper in large resealable plastic food storage bag. Combine cracker crumbs and oregano in shallow bowl. Whisk together egg white and water in small bowl.

3. Place 6 to 8 chicken pieces in bag with flour mixture; seal bag. Shake until chicken is well coated. Remove chicken from bag; shake off excess flour. Coat all sides of chicken pieces with egg white mixture. Roll in crumb mixture. Place in shallow baking pan. Repeat with remaining chicken pieces. Bake 10 to 13 minutes or until golden brown.

4. Meanwhile, combine barbecue sauce and jam in small saucepan. Cook and stir over low heat until heated through. Serve chicken nuggets with dipping sauce.

Makes 8 servings

Note: To freeze chicken nuggets, cool 5 minutes on baking sheet. Wrap chicken in plastic wrap, making packages of 5 nuggets each. Place packages in freezer container or plastic freezer bag. Freeze.

DIETARY EXCHANGES:

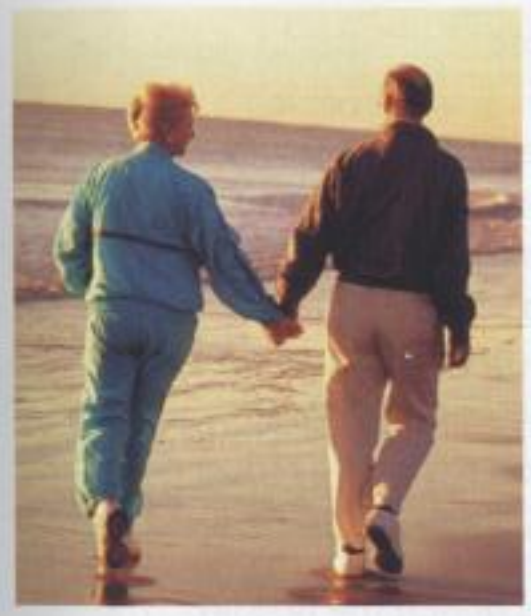
1 Starch, 1½ Lean Meat

NUTRIENTS PER SERVING:

Cal.: 167	Cal. from Fat: .. 22 %
Total Fat:... 4 g	Sat. Fat: ..... 1 g
Carb.:..... 16 g	Protein:..... 14 g
Chol.:..... 61 mg	Sodium:..... 313 mg
Fiber:..... <1 g	

ATTENTION DIABETICS!

IF YOU ARE A DIABETIC AND ON MEDICARE, YOU MAY RECEIVE DIABETIC FOOTWEAR AT LITTLE OR NO COST.



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Recipe Makeover

Enlightened
Ginger-Spiced Pumpkin Pie

Now you can have your pie and eat it, too

A Thanksgiving Day meal hardly seems complete without a piece of pumpkin pie as the final course. Add a dollop of freshly whipped cream and you may think you've gone to heaven. Sticking to a meal plan during the holidays is challenging, but for those with diabetes, it's important to always maintain a well-balanced, healthful diet.

Now you can have your pumpkin pie and eat it, too. *Diabetic Cooking* has created an enlightened version every bit as yummy as the original. Traditional pies might include the following ingredients:

- *pie pastry for crust*
- *1 can (16 ounces) solid-pack pumpkin*
- *¾ cup light brown sugar*
- *2 teaspoons ground cinnamon*
- *¾ teaspoon ground ginger*
- *½ teaspoon ground nutmeg*
- *¼ teaspoon salt*
- *⅛ teaspoon ground cloves*
- *4 eggs*
- *1½ cups light cream*
- *1 teaspoon vanilla*

Good news: We reduced the total calories from 344 to 230 per serving—every calorie counts during the holidays. The original recipe had a whopping 19 grams of total fat, 8 of those saturated, and 135 milligrams of cholesterol. Our enlightened version calls for evaporated skimmed milk instead of light cream and replaces the whole eggs with egg whites. These simple substitutions help bring the total fat down to 7 grams—only 1 gram of saturated fat—and reduce the cholesterol to 1 milligram per serving.

Additionally, we used gingersnap cookies for the pie crust to heighten the "spicy" ginger flavor. So indulge yourself with a slice of our "Enlightened Ginger-Spiced Pumpkin Pie" during the holidays, and leave off the whipped cream—this pie is a slice of heaven without it.

Send your favorite enlightened recipe to:

Recipe Makeover
Diabetic Cooking Magazine
7373 N. Cicero Avenue
Lincolnwood, IL
60712-1613.

Enlightened Ginger-Spiced Pumpkin Pie

1 cup finely crushed gingersnap cookies
¼ cup margarine or butter, melted
2 large egg whites
¾ cup packed light brown sugar
1 can (15 ounces) solid-pack pumpkin
1 cup canned evaporated skimmed milk
1 teaspoon vanilla
1 teaspoon ground ginger
1 teaspoon cinnamon
½ teaspoon salt

1. Combine crushed cookies and margarine in a medium bowl. Mix well. Press mixture onto bottom and up sides of 9-inch glass pie plate. Refrigerate 30 minutes.

2. Preheat oven to 350°F. Beat egg whites and brown sugar in large bowl. Add pumpkin, milk, vanilla, cinnamon, ginger and salt. Mix well. Pour mixture into crust.

3. Bake 60 to 70 minutes or until center is set. Transfer pie to wire rack and cool 30 minutes. Serve warm or at room temperature.

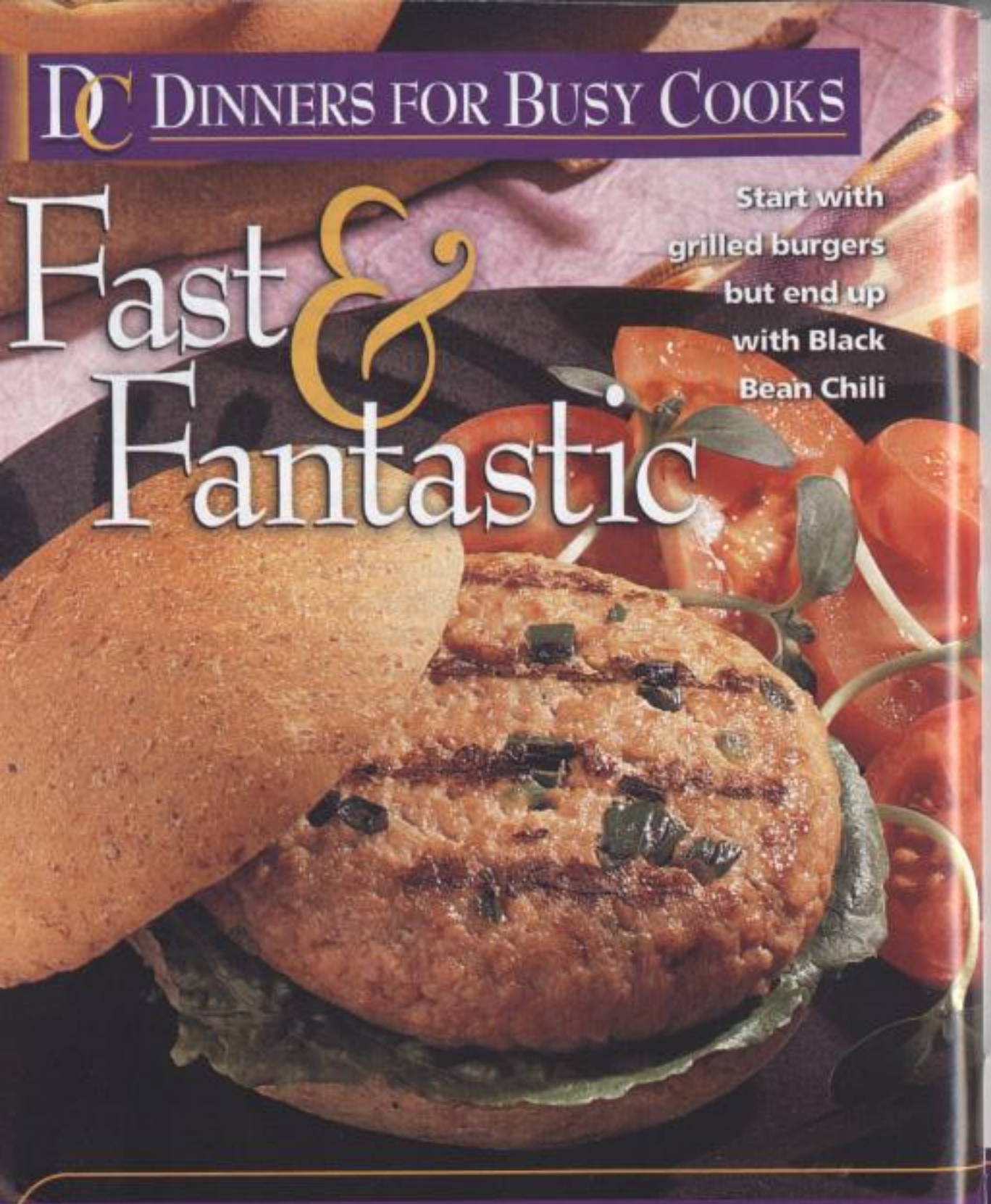
Makes 8 servings

DIETARY EXCHANGES:

2½ Starch, 1 Fat

NUTRIENTS PER SERVING:

Cal.: 230	Cal. from Fat: .. 27 %
Total Fat: ...7 g	Sat. Fat: ..... 1 g
Carb.: ..... 38 g	Protein: ..... 5 g
Chol.: ..... 1 mg	Sodium: ..... 335 mg
Fiber: ..... 2 g	



SHOPPING LIST

Shopping List

- Ground turkey
- Green onions
- Pickled jalapeño peppers or mild green chilies
- Green bell pepper
- Large onion

Staples

- Reduced-sodium chicken broth
- Garlic
- Worcestershire sauce
- Chili powder
- Allspice
- Cinnamon
- Paprika
- Black beans (15-ounce can, low sodium)
- Crushed tomatoes (14½-ounce can, low sodium)
- Apple cider vinegar

Grilled Jalapeño Turkey Burgers

CARB

- 1 package (1 to 1¼ pounds) Butterball® Lean Fresh Ground Turkey
- ¼ cup chopped green onions
- 2 tablespoons chopped pickled jalapeño peppers or mild green chilies
- 1 clove garlic, minced
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ⅛ teaspoon black pepper

Prepare grill for medium-direct heat cooking. Lightly spray unheated grill rack with nonstick cooking spray. Combine all ingredients in large bowl; mix well. Form into six large patties. Grill 6 minutes on each side or until meat is no longer pink in center. Serve with your favorite condiments.

Makes 6 burgers

DIETARY EXCHANGES:

3 Lean Meat

NUTRIENTS PER SERVING:

Cal.:.....80	Cal. from Fat: .... 6 %
Total Fat:....1 g	Sat. Fat: .....<1 g
Carb.:.....1 g	Protein:.....22 g
Chol.:.....38 mg	Sodium:.....360 mg
Fiber:.....<1 g	

PLANNED OVERS...

Save 2 to 3 burgers to make Black Bean Turkey Chili. Heat a large nonstick skillet over high heat. Crumble turkey burgers and add to pan with broth, onion and bell pepper. Cook and stir, breaking up turkey more. Add chili powder, allspice, cinnamon and paprika. Reduce heat to medium-low; simmer 10 minutes. Add black beans, tomatoes and vinegar; bring to boil. Reduce heat to low; simmer 20 to 25 minutes or until thickened to desired consistency. Garnish as desired.

What's in Your Supermarket?

Bear Naked Granola

Starting the day with a healthful breakfast is essential for people with diabetes. Bear Naked, Inc., which launched its line of "bearly-processed and utterly-naked" all natural baked granola three years ago, introduces four new cereal products: Oatmeal, Low-Sugar Cereal, 100% Organic Oat, and 100% Organic Whole Grain Medley.

The 2005 USDA Dietary Guidelines recommend that adults consume about 6 ounces of whole grains daily, or about 1½ to 3 cups, depending on factors such age, sex, and activity level. People with diabetes should also consume whole grains, taking care that calories and carbs from grain servings fit into their individualized eating plan.

Whole grains are a primary source of carbohydrates needed to fuel the body and the brain. They also contain fiber, which helps slow digestion, giving longer satisfaction after a meal and helping to stabilize blood sugar.

All Bear Naked varieties contain whole-grain oats, flaxseeds, dried fruits and nuts, honey, and canola oil, and contain no refined sugars, corn syrup, cholesterol, hydrogenated fats, trans-fats, preservatives or additives.

Bear Naked granolas are sold at most natural food stores and conventional supermarkets. A 12-ounce bag retails on average for $4.49. For more on Bear Naked and its products, visit *www.bearnaked.com*.

Information supplied by manufacturer

Bear Naked Apple Crisp

- 2 cups no-sugar-added chunky applesauce
- 3 cups berries of your choice or peaches or apples, peeled, cored and diced
- 2 cups Bear Naked granola
- Sprinkle of cinnamon and nutmeg
- Fat-free, sugar-free vanilla ice (optional)

1. Preheat oven to 350°F.

2. Spread applesauce on bottom of 8×8×2-inch baking dish.

3. Layer berries over apple sauce.

4. Spread granola evenly over applesauce and berries.

5. Sprinkle cinnamon and nutmeg over granola.

6. Bake for 12 to 15 minutes or until the granola is toasted and darkens slightly.

7. For dessert, serve warm with fat-free, sugar-free ice cream, if desired, or refrigerate overnight and serve without ice cream for breakfast.

Makes 12 servings (½ cup per serving)

DIETARY EXCHANGES:	
½ Fruit, 1 Starch, 1 Fat	
NUTRIENTS PER SERVING:	
Cal.: 131	Cal. from Fat: .. 32 %
Total Fat:... 5 g	Sat. Fat: ..... 1 g
Carb.:..... 21 g	Protein:..... 2 g
Chol.:..... 0 mg	Sodium: .....1 mg
Fiber: ..... 3 g	

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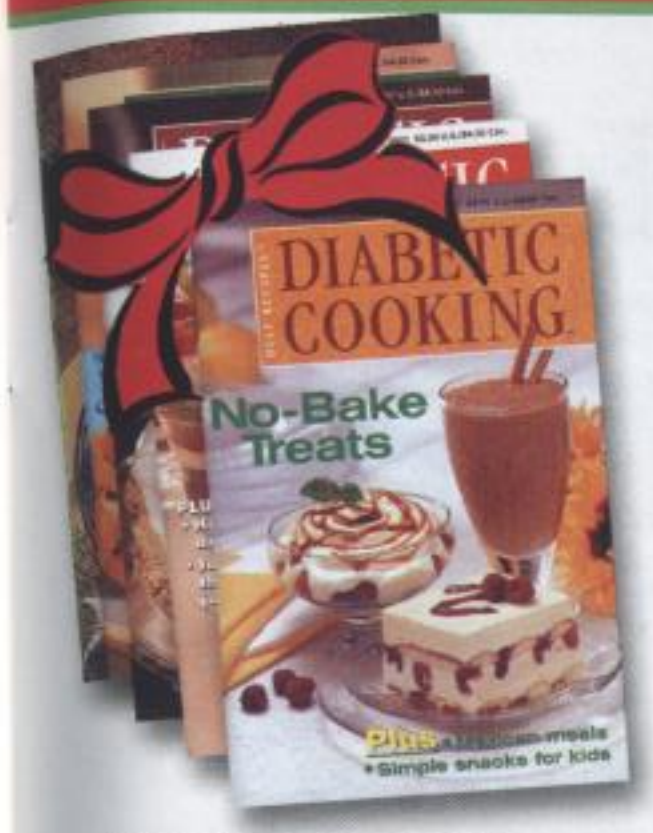

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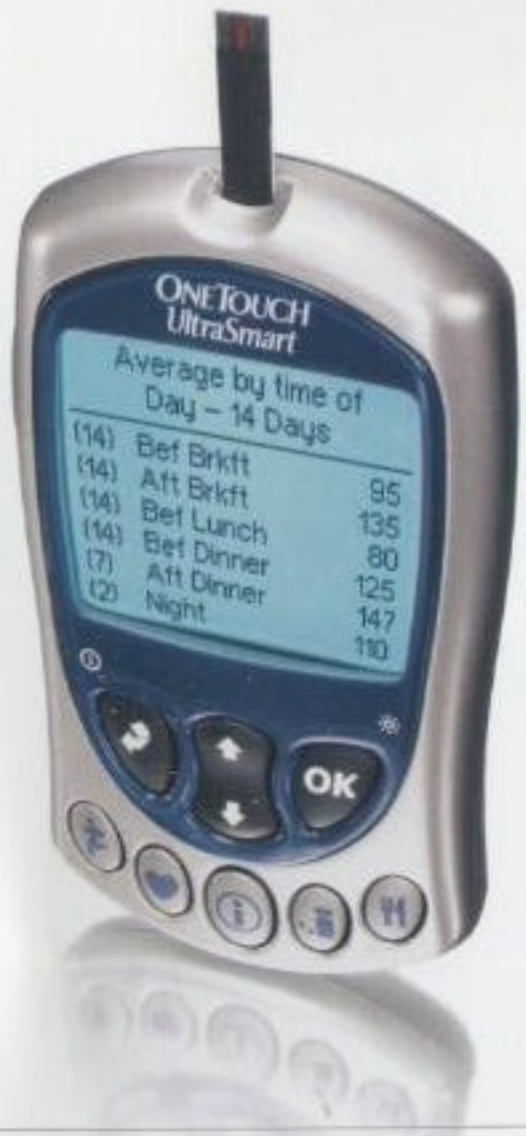

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1. LifeScan data on file. Self-monitoring of blood glucose study #1: The Ability of People with Diabetes to Use OneTouch® UltraSmart® to Improve Glycemic Control Through Behavioral and Therapeutic Changes (RTP 1039775, November 2004).

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